



Ingredients

- ✓ 4oz - 5oz shiitake mushrooms
- ✓ 3½ cups diced butternut squash
- ✓ 1 cup chopped yellow onion
- ✓ 2 Tbsp. virgin coconut oil or vegetable oil
- ✓ ½ cup chopped celery (1 stalk)
- ✓ 1 Tbsp. chopped garlic (about 3 cloves)
- ✓ ½ cup red lentils, rinsed
- ✓ 5 cups low-sodium vegetable broth
- ✓ ½ tsp. ground cumin
- ✓ ½ tsp. salt or to taste
- ✓ Black pepper (to taste)

Notes:

- Remove the stems from the mushrooms and slice them into strips.
- Dice the butternut squash into ½” cubes.

Preparation

In a large saucepan or soup pot, heat coconut oil over medium low heat. Add onion, celery and garlic and cook and stir until onion softens and is translucent, about 10-12 minutes. Stir in red lentils.

Add squash cubes and broth, cumin, salt and pepper. Simmer about 15 minutes and add shiitakes. Simmer about 10 minutes more, stirring occasionally, or until squash cubes and shiitakes are both tender.

Taste for seasoning and serve.