

ROASTED WINTER SQUASH & LENTIL STEW

Prep time:	Total time:	Servings:
20 minutes	50 minutes	4-6

Ingredients

Roasted Squash:

- 1 small butternut squash, peeled, deseeded, and cubed
- 1 small acorn squash or kabocha squash, peeled, deseeded, and cubed
- 2 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp salt
- Fresh black pepper

Stew Base:

- 1 tbsp olive oil
- 1 large yellow onion, diced
- 3 garlic cloves, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1½ tsp ground cumin
- 1 tsp ground coriander
- ½ tsp cinnamon
- ¼ tsp cayenne (optional, for heat)
- 1 cup dried green or brown lentils, rinsed
- 4 cups vegetable broth
- 1 (14-oz) can diced tomatoes
- 2 tbsp tomato paste
- Salt & pepper to taste
- Juice of ½ lemon (to finish)
- Fresh parsley or cilantro, chopped (for garnish)



Instructions:

Roast the Squash

- 1. Preheat oven to 400°F (200°C).**
- 2. Toss squash cubes with olive oil, paprika, salt, and pepper.**
- 3. Spread on a baking sheet and roast for 25–30 minutes, flipping halfway, until golden and tender.**

Make the Stew

- 1. In a large pot, heat olive oil over medium heat.**
- 2. Sauté onion for 5–7 minutes until translucent.**
- 3. Add garlic, carrot, and celery. Cook another 5 minutes.**
- 4. Stir in cumin, coriander, cinnamon, and cayenne. Cook for 1 minute.**
- 5. Add lentils, diced tomatoes, tomato paste, and vegetable broth. Bring to a boil.**
- 6. Lower heat and simmer uncovered for 25–30 minutes, until lentils are soft.**
- 7. Add roasted squash and simmer 5–10 minutes more.**
- 8. Taste and adjust salt, pepper, or spices as needed.**
- 9. Finish with lemon juice and garnish with fresh herbs.**

Serving Suggestions:

- Serve with warm crusty bread or over rice/quinoa.**
- Add a swirl of coconut milk for a creamy twist.**
- Top with toasted pumpkin seeds for crunch.**

