

# French Lentil Soup with Delicata Squash, Brussels Sprouts & Mushrooms

*A cozy autumn soup using warming spices, savory herbs and seasonal vegetables.*

BY CLAIRE RAGOZZINO

- 2 cups** cooked french lentils (soak lentils overnight)
- 1/4 cup** extra virgin olive oil
- 1 onion**, diced
- 4 cloves** garlic, minced
- 4 tbsp** ginger, minced
- 5 tbsp** chopped fresh herbs (rosemary, thyme, oregano)
- 1 medium** delicata squash, halved/seeded/cut into 1/2 in. slices
- 10 shiitake mushrooms**, chopped
- 5 cups** organic vegetable stock
- 6 cups** purified water
- 1 lemon**, juiced
- 2 tbsp** tamari
- 1 tsp** sea salt
- 6-8 brussels sprouts**, trimmed & sliced thinly
- 1 cup** brown beech or enoki mushrooms

*Recipe serves 6*

**Step 1** In a small pot, bring water to a boil and cook the lentils for 10-15 minutes. Careful not to overcook, aim for al dente with a firmer texture. Remove from heat, drain and set aside.

**Step 2** In a large soup pot, add the olive oil and onions and cook on medium heat until the

onions turn translucent. Add the garlic and ginger, continue to cook, stirring frequently to prevent sticking or burning.

**Step 3** Add the herbs and chopped delicata squash. Stir to coat in olive oil, cook for 2-3 minutes before adding the vegetable stock, water and shiitake mushrooms. Cover with a lid and continue to cook for 20-25 minutes, or until the squash is tender.

**Step 4** Add the cooked lentils, lemon, tamari and salt. Continue to cook for another 5 minutes. Before serving, throw in the chopped brussels sprouts and remaining mushrooms.

*Recipe & Photography by Claire Ragozzino of Vidya Living*

*Claire Ragozzino is a certified yoga instructor, plant-based chef, and holistic wellness educator. Blending Ayurvedic principles, plant-based nutrition, and yogic philosophy to cultivate deep inner wisdom for intuitive healing, Claire works with clients around the globe to inspire transformational changes in their health and wellbeing. Whether this means cleansing with the seasons or aligning our daily rhythms in harmony with the moon cycles, her business and blog, Vidya Living, provide a resource for women looking to reconnect with their roots and the ancient wisdom of self-healing through food, breath and conscious movement. Visit her website: [vidyaliving.com](http://vidyaliving.com)*

