Soups / United States

# long-grain rice, lentils and butternut squash soup · United States

A hearty soup with grain, butternut squash and cooked pulses, developed as a United States-inspired variation.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 150 g long-grain rice
- ☐ 500 g butternut squash
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked lentils
- ☐ 1400 ml low-salt vegetable stock
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste

## Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the butternut squash and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the butternut squash and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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