



# Irie Ital Soup

**Yield: 7 servings**

## Ingredients

- 1 cup diced onion
- 1 cup diced carrot
- ½ cup diced celery
- 6 cups water
- 4 cups vegetable broth, low sodium
- 1 cubed acorn squash (4 cups)
- 2 cups cubed Yukon gold potatoes
- 1 cup dried French (or green) lentils
- 1 scotch bonnet pepper (or habanero) (optional), diced
- 1 tablespoon curry powder
- 2 teaspoons minced garlic cloves
- 1 teaspoon kosher salt

- ½ teaspoon ground black pepper
- 4 cups spinach
- 1 (13.5 ounces) can low fat coconut milk
- ½ cup chopped green onions

## Instructions

1. Heat two tablespoons of water in a medium saucepan over medium high heat. Once hot, add the onion, carrots, and celery. Cook for 5 minutes, until vegetables are tender.
2. Add the water, vegetable broth, squash, potato, lentils, pepper, curry powder, garlic, salt and black pepper. Bring to a boil and then reduce the heat to a simmer. Cook for about 30 minutes, until the lentils are tender.
3. Stir in the spinach and coconut milk. Dish into individual serving bowls and then garnish with the green onions.

## Nutrition Information

- Serving Size:** 2 cups  
Calories: 226  
Total Fat: 2.9 g  
Saturated Fat: 1.8 g  
Monounsaturated Fat: 0.1 g  
Polyunsaturated Fat: 0.1 g  
Sodium: 369 mg  
Total Carbohydrate: 44 g  
Dietary Fiber: 10.8 g  
Sugars: 2.9 g  
Protein: 9.7 g

Source: Vincent McIntosh, Irie Kitchen

Presented by  
**Culinary Medicine**

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