

Pumpkin and Lentil Soup (Slow Cooker)



Serves	6
Prep time	20 minutes
Cook time	6 hours, 30 minutes
Total time	6 hours, 50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Soup
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot , Slow Cooker

Ingredients

- 1 tablespoon Sunflower oil
- 1 Medium Leek (sliced)
- 2 cloves Garlic (sliced)
- 2 stalks Celery (sliced)
- 1 Small Bunch parsley (chopped)
- 1 teaspoon Salt
- 1.2kg Butter nut or squash pumpkin (peeled and diced)
- 3/4 cups Dried lentils (rinsed and drained)
- 4 cups Boiling water
- 1/4 cup Buttermilk

Directions

1. Heat a large frying pan with the oil then add the leek and garlic. Cook for about 2 minutes, or until soft, then add the salt and pumpkin and stir until the pieces are coated.
2. Transfer the pumpkin mixture to the slow cooker then add the water, celery, lentils and parsley.
3. Cook on Low for about 6 hours.
4. Transfer to a food processor and puree until smooth.
5. Return to the slow cooker and stir in the butter milk. Reheat and serve.

Note

Moderate Salicylates, Low Glutamates, Low Amines

Variations:

1. Use sour cream instead of butter milk.
2. Swap some of the pumpkin for sweet potato, swede and/or parsnip for a different flavour.