

Squash, Kale, and Lentil Stew

- A hearty stew and a Fall-time favourite that freezes well for leftovers! This stew, adapted from Angela Liddon's Oh She Glows blog, is easy to prepare with only a bit of chopping involved. It takes about 15 minutes of hands-on cooking time, plus another 25 minutes of simmering. To cut down on your prep time, use pre-washed baby kale and pre-cut butternut squash. You can also play around with the seasonings, removing or adding more spice to your preference.



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Quantity	Ingredient
2 tbsp.	Avocado or Grapeseed Oil
1 large	Cooking Onion, diced
2 whole	Garlic Cloves, diced
2 cups	Butternut squash, cubed
2 tsp.	Turmeric
1 tsp.	Cumin
½ tsp.	Cinnamon
1 can (398mL)	Diced Tomatoes
1 can (398mL)	Coconut Milk
¾ cup	Uncooked Red lentils, rinsed
4 cups	Vegetable Broth, low-sodium
2 cups	Kale, roughly chopped
¼ cup	Fresh Parsley, chopped
To taste	Salt and Pepper

Directions:

- Add oil, onion, and garlic to a large pot over medium heat. Sauté for 5 minutes, or until onions are soft. Add the squash, and cook for another 5 minutes, until squash begins to soften.
- Add seasonings to the pot, stirring to combine. Cook for another minute, until fragrant.
- Add the diced tomatoes, coconut milk, lentils, and vegetable broth to the pot. Stir to combine. Turn heat to high, so that stew comes to a boil.
- Once boiling, reduce heat to medium-high. Let the stew simmer, uncovered, for 25 minutes or until the lentils and squash are tender.
- Once the lentils are cooked, turn the heat off. Add in kale and parsley, stirring to combine. Season with salt and pepper to taste.
- Serve alongside your favourite crusty bread or buns.