



# Sweet Heat Harvest



From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

## Instructions

- 1) Preheat oven to 450. Peel both squashes, take the seeds out and cube in small pieces along with the sweet potatoes (leave the skin on!). Roast squash, sweet potatoes and head of garlic for 40 minutes. Take out about half way and re-position on baking tray. If it kinda burns, that's good—more flavor!
- 2) In a huge pot, put broth, lentils, diced onion, ½ of the celery diced, shredded kale & diced jalapeno peppers, maple syrup and all spices...cook until lentils are soft (30 min).
- 3) While the lentils are cooking, chop mushrooms, and potatoes and stage them in a large bowl with the other 1/2 celery.
- 4) Blend soup with an immersion blender.
- 5) Add the staged items, along with the corn and lima beans. Let simmer...Add water if it's too thick.
- 6) Remove the squash, garlic & sweet potatoes from the oven. Take a bit of broth into a small blender and add the garlic—blend and add back to the soup along with the squash and sweet potatoes—let simmer until potatoes are soft.
- 7) Top with raw walnuts.

## Notes

## Ingredients

- Vegetable Broth/stock – 3 boxes
- Lentils – 1 bags
- Onion – 3 medium
- Garlic – whole head
- Celery – whole stalk
- Canned Pumpkin—1 can
- Kale – 1 Bunch
- Jalapeno Peppers – 3 large
- Sweet Potato – 3 large
- Butternut Squash—1 medium
- Acorn Squash—1 medium
- Mushrooms – 8 oz
- Mini Red/white potatoes—2 lbs
- Corn—1 frozen bag
- Lima Beans—1 frozen bag
- Maple Syrup—1/3 cup
- Pumpkin Pie spice – 1 tablespoon
- Cumin – 1 tablespoon
- Rosemarie – 1 tablespoon
- Thyme – 1 tablespoon
- Garlic powder – 1 tablespoon
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Chopped raw walnuts for topper.

