**Butternut Squash and Lentil Stew**

Serves 4

**Soup**

**1 tbsp olive oil**

**1 finely chopped onion**

**3 chopped garlic cloves**

**2 tbsp tomato puree**

**2 tsp cumin**

**1 tsp cinnamon**

**1 tsp salt**

**1/4 tsp cayenne pepper**

**450g bite sized pieces of butternut squash**

**100g brown lentils (nb make sure you follow the instructions on the packet if using dried lentils!)**

**450ml of vegetable stock (check the packet for sugar!)**

**1 tbsp lemon juice**

**To garnish**

**Serve with a blob of natural yogurt and sprinkle chopped fresh coriander over the top**

**1. Heat the oil, cook the onion and garlic until soft (about 5 mins)**

**2. Add all other ingredients, give it a good stir and then bring to the boil. Reduce the heat and simmer uncovered, stirring occasionally for about 25 mins until the squash and lentils are tender.**

**3. Add the lemon juice just before serving. Serve with garnish as above!**