

Lentil Stuffed Acorn Squash

Source: Kimberly Snyder, Better Vegan

Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 1 hr Total Time: 1 hr 15 min

Serves 4-6



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Ingredients:

4 medium Acorn squashes
1 cup dry green lentils, soaked overnight and rinsed well
2 1/2 cup vegetable broth
2 Tbsp. coconut oil
2 garlic cloves, minced
1 small onion, finely diced
2 carrots, finely diced or grated
1 celery stalk, finely diced
1 heaping tsp. dried thyme
1/4 heaping tsp. cumin
Pink Himalayan salt, to taste
Black pepper, to taste

Recipe Link:

<https://www.betterveganrecipes.com/lentil-stuffed-acorn-squash>

Instructions:

1. Prepare the ingredients.
2. Preheat oven to 400 degrees F.
3. Cut acorn squash in half. Scoop out all the seeds, place on a baking sheet and brush thinly with coconut oil. Roast until fork-tender, about 45-60 minutes.
4. Bring lentils and vegetable broth to a boil in a large pot, reduce heat, cover and simmer for about 40 minutes, stirring occasionally. Once done, remove lid and set aside to cool, but do not drain. The lentils will thicken a bit upon standing.
5. Heat coconut oil over medium heat in a large saucepan. Add garlic, onion, carrots and celery and sauté for 8-10 minutes until the vegetables are tender. Add spices and mix well to incorporate. Set aside to cool.
6. Combine sautéed vegetables with the lentils and mix well. Taste, adding salt and pepper as needed, or any other herb or spice you might like.
7. Spoon mixture into squash halves and serve.

Notes:

Depending on the size of the squash, roasting times may vary. Keep checking for readiness and do not overcook. The squash should be tender, yet not falling apart.

If the cavities in the squash are too small, after baking the squash and letting it cool a bit, scoop some of the flesh out, leaving at least an inch of flesh on all sides.

Before serving I recommend cutting the squash into wedges, as the halves can be pretty big for a single serving.

Equipment needed:

Baking sheet (try *Circulon Nonstick Bakeware 2-Piece Bakeware Set, Gray*)

Serving suggestion:

Serve with [Cauliflower Mash](#) and [Vegan Mushroom Gravy](#).