



Nutrition Facts

Serving Size	1 bowl
Amount Per Serving	
Calories 780	
% Daily Value	
Total Fat 34g	52%
Saturated Fat 13g	65%
Cholesterol 15mg	5%
Sodium 950mg	40%
Total Carbohydrate 101g	34%
Dietary Fiber 12g	48%
Protein 24g	48%
Vitamin A %	Vitamin C %
Calcium %	Iron %



Total Time
85 MIN.

Serving Size
1 BOWL

Difficulty
EASY

With crowd-pleasing Thai flavours, this vegan power bowl can be served for breakfast, lunch or dinner.

Yields
16

INGREDIENTS

WEIGHT

MEASURE

Campbell's Signature Harvest Butternut Squash Soup	1 pouch (8 cups/4 lb)	1 pouch (1.81 kg)
2 cans coconut milk	14 fl oz each	414 mL each
Thai curry paste	1/2 cup	125 mL
Beluga lentils	2 1/2 cups	625 mL
Jasmine rice	4 cups	1 L
Chopped kale	16 cups	4 L
Canola oil, divided	1/2 cup	125 mL
Each salt and pepper, divided	2 tsp	10 mL
Peeled, chopped sweet potato (1-inch/2.5 cm pieces)	4 lbs	2 kg
Halved cremini mushrooms	2 lbs	1 kg
4 halved, pitted, peeled, ripe avocados (cut into 16 slices each)	2 cups	500 mL
Chopped toasted peanuts	1 cups	250 mL
Finely chopped fresh cilantro	1/3 cup	75 mL
Thinly sliced seeded red chili pepper	3 tbsp	45 mL



Tip

- For a nut-free option, top with toasted flaked coconut instead of peanuts.
- Substitute French green lentils for Beluga lentils.

Recipe Tips:



INSTRUCTIONS

1. In large saucepan, combine soup, coconut milk and curry paste; bring to simmer. Stir in lentils. Cook for 20 to 25 minutes or until lentils are tender. Hold for service. (Makes 8 cups/2 L.) Cook rice according to package directions and hold for service. (Makes 4 cups/1 L.)

2. Preheat oven to 425°F (220°C). Toss together kale, 1/4 cup (60 mL) oil and 1 tsp (5 mL) each salt and pepper. Arrange on parchment paper-lined baking sheets. Roast for 12 to 15 minutes or until wilted and charred in spots. Toss together sweet potatoes, 2 tbsp (30 mL) oil, and 1/2 tsp (2 mL) each salt and pepper. Arrange in single layer on parchment paper-lined baking sheet. Roast for 15 to 20 minutes or until tender. Toss together mushrooms, remaining 2 tbsp (30 mL) oil, and remaining 1/2 tsp (2 mL) each salt and pepper. Arrange in single layer on parchment paper-lined baking sheet. Roast for 10 to 15 minutes or until tender. Toss together kale, sweet potatoes and mushrooms. (Makes 16 cups/4 L.)

Serving: Spoon 1/2 cup (125 mL) lentils and 1/4 cup (60 mL) rice into serving bowl. Top with 1 cup (250 mL) roasted vegetables, 4 slices avocado, 1 tbsp (15 mL) peanuts, and scant 1 tsp (5 mL) cilantro and 1/4 tsp (1 mL) chili pepper.