

What's in the Bag

3 cups of peeled and diced squash
1/2 cup dried green lentils
3 cloves garlic
1" piece ginger
1 onion
1 to 2 carrots
1 tbsp curry powder
2 vegetable bouillon cubes
1 or 2 apples
handful of kale
2 tbsp tomato paste

What's Not

olive oil
salt and pepper
2 1/2 cups boiling water