

Lentil Soup

Ingredients:

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| 1/4 cup olive oil | 1 (28 oz.) can diced tomatoes, drained |
| 1 medium yellow or white onion, chopped | 1 cup brown or green lentils, rinsed |
| 2 carrots, peeled and chopped | 4 cups vegetable broth |
| 4 gloves garlic, minced | 2 cups water |
| 2 teaspoons ground cumin | Salt and pepper to taste |
| 1 teaspoon curry powder | Pinch of red pepper flakes |
| 1/2 teaspoon dried thyme | 1 cup fresh collard greens or kale, stems removed |
| | Juice of 1/2 lemon |

Directions:

1. Warm the olive oil in a Dutch oven or large pot over medium heat. Add chopped onion and carrot. Cook for about 5 minutes, stirring often until the onion has softened and is translucent.
2. Add the garlic, cumin, curry powder, and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained tomatoes and cook for a few more minutes, stirring often, to enhance their flavor.
3. Pour in the lentils, broth, and water. Add salt, pepper, and red pepper flakes to taste. Raise heat and bring the mixture to a boil, then partially cover the pot, and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.
4. Pour 2 cups of soup into a blender and puree until smooth.
5. Pour pureed soup back into the pot and add chopped greens. Cook for 5 minutes. Stir in lemon juice and adjust seasonings to taste. Serve.

Nutrition Facts

Serving Size 1 1/2 cups (408g)
Servings Per Container 7

Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 8g	
Vitamin A 90%	Vitamin C 35%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: cookieandkate.com

