

Healthy Recipe of the Month

January



Lentil Soup

PREP TIME:

10 Minutes

TOTAL TIME:

50 Minutes

SERVINGS:

8 Servings



INGREDIENTS:

2 tablespoons olive oil

2 celery stalks, finely chopped

2 carrots, peeled and finely chopped

1 onion, finely diced

2 garlic cloves

10 cups water

1 pound (16 ounces) dried green or brown lentils

2 teaspoons ground cumin*

1 tablespoon kosher salt

Optional garnishes: Freshly ground black pepper, finely chopped fresh parsley, grated Pecorino Romano cheese

DIRECTIONS:

1. In a large pot or Dutch oven, heat the olive oil over medium high heat. Add the celery, carrot, onion, and garlic and sauté for 5 to 6 minutes until tender.
2. Add the water, lentils, cumin, and kosher salt. Bring to a simmer and simmer for 30 minutes until the lentils are tender (if not tender, keep cooking a few more minutes). Taste and add additional salt to taste (we usually add another $\frac{1}{2}$ teaspoon) and fresh ground black pepper.
3. Serve immediately with grated Pecorino Romano cheese if desired, or refrigerate for meal prep. The soup lasts up to 1 week refrigerated and leftovers taste even better (you can also freeze them for up to 3 months). Leftovers may soak up extra broth, so you can add a splash of water and pinch of salt if the texture becomes too thick.

NUTRITIONAL INFORMATION:

Serves 8

Calories Per Serving: 256

Total Fat 4.3g 6%

Saturated Fat 0.6g

Total Carbohydrate 41.9g 15%

Dietary Fiber 7.7g 27%

Sugars 3.7g

Protein 14.7g 29%

Vitamin A 272.1 μ g 30%

Vitamin C 6.7mg 7%

Calcium 55.4mg 4%

Iron 4.1mg 23%

Vitamin D 0 μ g 0%

Magnesium 38.9mg 9%

Potassium 568.6mg 12%

Vitamin B6 0.4mg 23%

Vitamin B12 0 μ g 0%

<https://www.acouplecooks.com/lentil-soup/>