

Making it delicious
Lentil Soup



Ingredients

- 1 Tbsp. olive oil
- ½ large yellow onion, diced
- 1 medium carrot, diced
- 1-2 celery stalks, diced
- 1 tsp. cumin
- ½ tsp. cinnamon
- ½ cup green or brown lentils
- 1 quart low-sodium vegetable broth
- ¼ cup lemon juice
- 1½ - 2 cups kale, chopped and lightly packed
- ½ tsp. salt
- ½ tsp. black pepper



Instructions

- Rinse the lentils in a strainer under cold water until the water runs clear.
- Heat the oil in a large soup pot on medium-high. Add in the onions, carrots, and celery and cook until they become tender, about 6-7 minutes, stirring frequently.
- Stir in the salt, pepper, garlic, cumin, and cinnamon. Heat until fragrant, about 60 seconds.
- Add the lentils to the pan and heat for 1-2 minutes to slightly toast.
- Add the broth and lemon juice and bring pot to a boil. Reduce heat to low and simmer until the lentils are tender, about 30-45 minutes. Stir in greens continuing to cook until wilted.
- Season to taste.

Recipe adapted from www.budgetbytes.com

SERVINGS: 4 | PREP TIME: 25 MIN

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