

# Easy Lentil Soup



- 4 Tbsp olive oil
- 1 large yellow onion, diced
- 1 garlic clove, minced
- 3 carrots, peeled and diced
- 1 medium sweet potato, peeled and diced
- 1/2 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1 can (400g) diced tomatoes, lightly drained
- 3/4 cup brown or green lentils, rinsed
- 4 cups chicken broth
- 2 cups water
- 1/2 teaspoon salt
- 1 cup chopped fresh Swiss chard, collard greens or spinach (remove tough ribs)

## INSTRUCTIONS

1. In a large Dutch oven or pot, warm the olive oil over medium heat.
2. Once the oil is shimmering, add the onion. Cook for about 5 minutes until the onions soften and turn translucent.

**Recipe Makes:** 4 servings

**Prep Time:** 20 minutes

**Cooking Time:** 20 minutes

### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **383**

% Daily Value\*

**Total Fat** 16.3g **21%**

Saturated Fat 2.5g **12%**

**Cholesterol** 0mg **0%**

**Sodium** 1255mg **55%**

**Total Carbohydrate** 44.8g **16%**

Dietary Fiber 16.2g **58%**

Total Sugars 7.3g

**Protein** 17.5g

Vitamin D 0mcg **0%**

Calcium 105mg **8%**

Iron 6mg **35%**

Potassium 1231mg **26%**

3. Add the carrot and sweet potato and sprinkle with salt. Cook for about 10 minutes, stirring often.
4. Add the garlic, and sprinkle the cumin, curry powder, and thyme over the veggies. Stirring constantly, cook until fragrant, about 30 seconds.
5. Add the drained diced tomatoes and cook for another 2-3 minutes, stirring often.
6. Add the lentils, broth, and water. Raise heat and bring to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes or until the lentils are tender but still hold their shape.
7. Using an immersion blender, purée the soup for 10-15 seconds. You can use a regular blender if you don't have an immersion blender. Transfer 1-2 cups of the soup to a blender, purée, and then pour the puréed soup back into the pot.
8. Add the chopped leafy greens and cook for another 2-3 minutes, until the greens have softened. Serve hot.