

Lentil Vegetable Soup

Web Recipe · Lunch · GF

320 cal · 22g protein · 48g carbs · 5g fat · 6 servings

Ingredients

- 1.5 cups dry green lentils rinsed
- 1 tbsp olive oil
- 1 large onion diced
- 3 cloves garlic minced
- 3 medium carrots diced
- 3 stalks celery diced
- 1 can (14.5 oz) diced tomatoes
- 6 cups vegetable broth
- 2 cups chopped kale stems removed
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp turmeric
- 1 bay leaf
- 2 tbsp lemon juice
- 1/4 cup nutritional yeast

Instructions

1. Heat olive oil in a large pot over medium heat. Sauté onion, garlic, carrots, and celery for 5-7 minutes until softened.
2. Add cumin, smoked paprika, and turmeric. Stir 30 seconds until fragrant.
3. Add rinsed lentils, diced tomatoes, vegetable broth, and bay leaf. Bring to a boil.
4. Reduce heat to low, cover, and simmer 25-30 minutes until lentils are tender.
5. Stir in chopped kale and cook 5 more minutes until wilted.
6. Remove bay leaf. Stir in lemon juice and nutritional yeast.
7. Season with salt and pepper. Freezes well for up to 3 months.

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