

Slow Cooker Creamy Lentil Soup

Prep Time	Total Time	Yield
15 Mins	7 Hours	Serves 5 (serving size: about 1 1/2 cups)

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COOKING LIGHT
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Simple flavors and a rustic touch will make this soup an instant home-cooked favorite, especially on chilly, wintry days. Inexpensive dried lentils make up the bulk of the soup, helping fill in your fiber gaps and keep you full longer. Chickpeas are the secret ingredient to achieve supreme creaminess, which become delightfully smooth when blended, and sneak in an extra 3g fiber per serving.

Ingredients

- Cooking spray
- 4 cups reduced-sodium vegetable broth
- 1 cup uncooked green lentils
- 1 cup chopped yellow onion
- 3/4 cup chopped carrots
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 5 thyme sprigs
- 4 garlic cloves, minced
- 1 (15-oz.) can unsalted chickpeas, rinsed and drained
- 3/4 cup water
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 2 cups thinly sliced lacinato kale
- 1/2 teaspoon sherry or red wine vinegar

How to Make It

- Step 1** Coat a 5- to 6-quart slow cooker with cooking spray. Place broth and next 8 ingredients (through garlic) in slow cooker; stir well. Cover and cook on low 7 hours.
- Step 2** Process chickpeas, 3/4 cup water, oil, and lemon juice in a blender until smooth. Add chickpea mixture and kale to slow cooker; stir well. Cover and cook on low 30 minutes. Stir in vinegar.

Nutritional Information

- Calories 312, • Fat 7g, • Satfat 1g, • Unsatfat 5g,
- Protein 15g, • Carbohydrate 47g, • Fiber 12g,
- Sugars 5g, • Added sugars 0g, • Sodium 547mg,
- Calcium 12% DV, • Potassium 16% DV.