

CURRIED LENTIL SOUP*

Yield: 8 Portions (1-cup servings)

Ingredients	Amounts
Onion, small, diced	1 ea.
Canola oil	as needed
Carrots, finely chopped	2 ea.
Celery stalk, finely chopped	1 ea.
Apricots, dried, diced	½ cup
Garlic, minced	1 ea.
Red pepper flakes	1 tsp.
Salt	1 tsp
Black pepper, ground	½ tsp.
Coriander, ground	1 tsp.
Cumin, ground	1 tsp.
Turmeric, ground	1 tsp.
Green lentils	¾ cup
Red lentils	¾ cup
Vegetable stock	6 cups
Spinach	3 cups

Method

1. Sauté onion in oil until brown.
2. Add carrot, celery, apricots, garlic and spices and sauté 3-5 minutes.
3. Add lentils and vegetable stock.
4. Cook for 30 to 45 minutes until green lentils are almost soft (softer red lentils will dissolve and thicken the soup).
5. Add spinach in the last 5 minutes and serve.

Variations:

Vary up your beans, veggies, fruits, and spices depending on the season or what is in your pantry. Some suggestions below:

White beans, kale (2 bunches, chopped), sun-dried tomatoes, and dried herbs such as rosemary and thyme.

Chickpeas, chard (1 bunch, chopped), zucchini (2 medium, chopped), raisins, and warm spices such as cinnamon and paprika.

Nutrition Information (per portion/serving, prepared with 1 tablespoon oil)

Calories: 175/Protein: 9 g/Carbohydrate: 30 g/Fiber: 7.5 g/Carbohydrate to fiber ratio: 4

Saturated fat: 0 g/Polyunsaturated fat: .5 g/Monounsaturated fat: 1 g

Trans fat: 0 g/Sodium: 275 mg / Potassium: 400 mg / Added sugar: 0 g

**This recipe meets all HKHL Recipe Nutrition Goals for an entrée.*

Source: Auden McClure, as served at the 2020 Healthy Kitchens Healthy lives conference.
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