

LET'S COOK!

RUSTIC RED LENTIL SOUP



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Servings: 6 Ready in: 35 minutes

Try this simple, fast, low cost and delicious soup.

1 tbsp	vegetable oil
1 small	onion, diced
1 stalk	celery, diced
1 medium	carrot, diced
4 cups	vegetable broth
1 cup	dried red lentils, well rinsed
¼ tsp	dried thyme
1 tsp	turmeric
	salt and pepper, to taste

NUTRITION TIPS

To reduce the salt in this recipe, use:

- No salt added vegetable broth

INSTRUCTIONS:

1. In a large saucepan, heat oil over medium heat. Add onion, celery and carrots and stir for about 5 minutes, until soft.
2. Add broth, lentils, thyme and turmeric.
3. Bring to a boil. Lower heat, cover and simmer for 20 minutes or until the lentils are soft.
4. Remove from heat. Add salt and pepper to taste.

TIPS: You can change the dry red lentils for canned chickpeas, green lentils, or white kidney beans. When using canned legumes, reduce the simmering time to 15 minutes.

For a smoother consistency, puree the soup with a blender. If too thick, add water to desired consistency.

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