

Red Lentil Carrot Soup

Just Say Yes to Fruits and Vegetables

Lentils give this soup hearty flavor and lots of protein.



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Red Lentil Carrot Soup

Serves 6 • Serving: 1½ cups



Lentils, unlike other dry legumes, don't have to be soaked or cooked before use.

Ingredients:

- 2 tablespoons vegetable oil
- 1 diced medium onion
- 2 finely chopped garlic cloves
- 4 diced carrots
- 2 teaspoons ground cumin
- 3 15-ounce cans low-sodium vegetable broth
- 1 cup red lentils
- 1 15-ounce can low-sodium diced tomatoes, with liquid
- 4 cups rinsed baby spinach
- Salt and pepper, to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook for a few minutes, until soft.
3. Add carrots and cook for about 5 minutes or until carrots are soft. Add cumin and cook for 1 more minute.
4. Add vegetable broth and lentils. Bring soup to a boil, then turn heat to low and simmer for 15 minutes, or until lentils are soft.
5. Add canned tomatoes and simmer for 5 minutes.
6. Stir in spinach. Add salt and pepper to taste.
7. Serve warm and enjoy!
8. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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