



Hearty Red Lentil Soup

Prep: 15 minutes | Cook: 50 minutes | Total: 1 hour 5 minutes

Yield: 6 servings | Serving Size: 1¼ cups

Ingredients

1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
2 stalks celery, diced (about ½ cup)
2 medium carrots, diced (about 1 cup)
1 jalapeño pepper, seeds and ribs removed, minced
2 cloves garlic, minced (about 1 teaspoon)
1 cup uncooked red lentils, picked through to remove any stones and rinsed
4 cups (32 ounces) low-sodium vegetable broth
1 (14.5-ounce) can no-salt-added diced tomatoes
1-3 teaspoons ground cumin, to taste
Black pepper, to taste
1 (10-ounce) package frozen chopped spinach

Directions

1. Heat a large pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and jalapeño.
4. Sauté until the onions are softened, about 5-7 minutes.
5. Add the garlic and sauté until fragrant, about 30-60 seconds.
6. Stir in the lentils, broth, tomatoes with their juice, cumin, and ground black pepper.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
8. Cover with a lid and simmer for 40 minutes.
9. Stir in the spinach. Cook until the spinach is thawed and the soup is warmed through.
10. Serve warm.

Recipe Notes

- To reduce the spiciness (heat), omit the jalapeno and substitute a bell pepper.
- Substitute 6 cups fresh chopped spinach for the frozen spinach if desired.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 3 g | Saturated Fat: 0 g
Sodium: 460 mg | Total Carbohydrate: 31 g | Dietary Fiber: 9 g | Protein: 12 g**

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