



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 extra-virgin olive oil
1 small onion, diced (about 1 cup)
2 stalks celery, diced (about ½ cup)
2 carrots, peeled and diced (about 1 cup)
1 jalapeño, seeds and ribs removed, minced
2 cloves garlic, minced (about 1-2 teaspoons)
1 cup uncooked red lentils, rinsed and picked through to remove any stones
4 cups (32 ounces) no-salt-added vegetable broth
1 (14-ounce) can diced tomatoes
1 bay leaf
1 tablespoon ground cumin
Black pepper, to taste
1 (10-ounce) package frozen spinach

Recipe Notes

- To reduce the spiciness (heat), omit the jalapeño and substitute a bell pepper.

Directions

1. Heat a large stockpot or soup pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and jalapeño pepper.
4. Sauté until the onions are translucent (see-through) and softened, about 5 minutes.
5. Add the garlic and sauté until fragrant, about 30-60 seconds.
6. Stir in the lentils, vegetable broth, tomatoes with their juice, bay leaf, cumin, and ground black pepper.
7. Bring to a boil over high heat, then reduce to a simmer.
8. Simmer, covered with a lid, for 40 minutes.
9. Remove the bay leaf and stir in the spinach. Cook until the spinach is wilted.
10. Serve warm.

**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**

Adapted from Diabetes.org | Submitted by Destiny Johnson MS, RD, LMNT
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