

Lentil Vegetable Soup

Makes 6 servings

2 tsp	extra virgin olive oil
1 large	onion, diced
1 tsp (or more)	cumin or curry powder
1	carrot, scrubbed, unpeeled and sliced
1 stalk	celery, sliced
1	potato or sweet potato, chopped
1 cup	dried red lentils (or other type of lentil)
5 cups	low sodium vegetable or chicken broth
½ tsp	pepper
	salt to taste
	fresh lemon juice
	dash of hot sauce (optional)

1. Slightly heat oil in a large saucepan and add onion and garlic, cooking over medium low heat for about 5 minutes or until slightly cooked. Add cumin or curry and cook for about 30 seconds.
2. Add carrot, celery, lentils, pepper and broth to sautéed mixture. Cover and bring to a boil.
3. Reduce heat and simmer for 40 minutes.
4. Puree half or all of the mixture for a creamier soup.
5. Serve with a squeeze lemon juice. Hot sauce if desired.
6. Taste and add salt and seasonings as necessary.

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