



Lentil Veggie Soup

Ingredients:

1 tbl. olive oil
3 cloves diced garlic
1/2 c. diced white onion
1 c. diced carrots
1/2 c. diced celery
3 small diced turnips
4 c. chicken stock
1 c. rinsed red lentils
1 c. ribboned spinach

Spices:

1 tsp. ea. cumin, coriander, cardamom and turmeric
1/2 tsp. garlic powder
1/2 tsp. ginger powder
1/2 tsp. onion powder
1 tsp. black pepper
2 tsp. Himalayan sea salt

1. Heat olive oil in a soup pot over medium/low heat, add garlic, saute for 2 minutes.

2. Add all diced veggies (except for spinach) and spices, stir to combine, saute for 2 minutes. (add a little chicken stock if necessary)

3. Add chicken stock and lentils. Stir.

4. Bring to a boil over medium heat. Reduce heat, cover and simmer for 15 minutes.

5. Turn off heat, add ribboned spinach, and gently stir.

Serve with a drizzle of extra virgin olive oil and a sprinkle of pecorino romano cheese. Enjoy!

Tip: Make sure all veggies are diced to the same size to ensure even cooking.

Makes 6 - 1 cup servings

Nutritional Information (per serving):

Calories: 193, Cholesterol: 0mg, Fiber: 6.7g, Total Fat: 2.8g, Sodium: 341mg, Total Sugars: 0g, Net-Carbs: 22.9g, Protein: 12.8g