

# Our Favourite Lentil Soup



Yield: Serves 4



## Ingredients:

Olive oil .....	¼ cup	60 mL
Onion, chopped .....	1 large	
Carrots, diced .....	2-3 medium	
Garlic, minced .....	4 cloves	
Ground cumin .....	2 tsp	10 mL
Curry powder .....	1 tsp	5 mL
Thyme, dried .....	½ tsp	2.5 mL
Diced tomatoes (no-salt-added) ....	1 can (28 oz)	796 mL
Green or brown lentils, picked over and rinsed .....	1 cup	250 mL
Broth (low sodium) vegetable or chicken .....	4 cups	1 L
Water .....	2 cups (divided)	500 mL
Salt .....	½ tsp	2.5 mL
Red chili flakes .....	1 pinch	
Black pepper.....	to taste	
Spinach or kale leaves, fresh, chopped* .....	1-2 cups	30 - 60 g
Lemon juice .....	1 lemon	

\* Note: This recipe uses fresh spinach or kale but frozen spinach or kale can be substituted if preferred.

## Instructions:

1. In a large pot, heat oil over medium heat.
2. Add onion and sauté until softened, translucent, and fragrant.
3. Add carrot, and sauté another 3-4 minutes.
4. Add garlic, cumin, curry powder and thyme. Mix until you can smell the flavours.
5. Add tomatoes and cook another few minutes to deepen flavours. Add red chili flakes.
6. Add lentils, broth and 1 cup of water. Bring to a boil, then turn the heat to low and simmer covered until the lentils soften (about 25 - 30 minutes). Add more water if needed.
7. Season with salt and pepper.
8. Stir in spinach or kale leaves and simmer 1-2 minutes until wilted.
9. Add lemon juice to taste.
10. Adjust seasoning if needed. Serve hot.

## Culinary Notes:

- For a thicker soup, give a few whirls with an immersion blender or transfer 2 cups of soup to a blender, puree until smooth, and add back to pot of soup.
- Add more red pepper flakes for more spice. You could use smoked paprika instead of curry powder to switch up the flavours.
- This soup freezes well for a quick and easy lunch meal.
- Add celery with the carrots to use more vegetables.
- Substitute canned crushed tomatoes for the canned diced tomatoes or even 2-3 tbsp tomato paste for a different texture.