

Greek Red Lentil Soup

Ingredients:

- 1 tablespoon olive oil
 - 1 white onion, chopped
 - 2 fresh garlic cloves, finely minced
 - 2 large carrots, chopped
 - 2 teaspoons dried oregano
 - 1 1/2 teaspoons cumin
 - 1 teaspoon dried rosemary
 - 1/2 teaspoon cayenne
 - 1 bay leaf
 - 1 cup reduced sodium canned crushed tomatoes
 - 6 cups low sodium vegetable stock
 - 2 cups red lentils, rinsed and drained
 - Dash of salt and pepper
 - 2 lemons, juiced
 - 1 tablespoon fresh parsley, chopped
- Optional:* Serve with feta crumbles and whole wheat bread.



Servings: 6

Instructions:

1. Heat oil in a large pot and sauté the onion, garlic, and carrots for 3-4 minutes over medium heat until onions are translucent.
2. Add spices and bay leaf and cook for 1 minute until fragrant, stirring constantly.
3. Add tomatoes, broth, lentils, salt, and pepper and bring to a boil. Reduce heat to a simmer and simmer for 20-30 minutes.
4. Place 1/2 of soup in a food processor or blender and pulse until slightly smooth, then add back to the pot.
5. Keep soup on low and add in lemon juice and fresh parsley.
6. Serve with feta cheese and whole wheat bread.

Nutrition Facts	
6 servings per container	
Serving size	1/6 Recipe (399g)
Amount Per Serving	
Calories	290
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 45g	16%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 4mg	20%
Potassium 231mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	