



Spiced Red Lentil Soup

Even better the next day!

<u>U.S.</u>		<u>Metric</u>
3 tsp	Olive Oil	15.0 mL
2 large	Carrots, diced small	2 large
4 stalks	Celery, diced small	4 stalks
4 each	Garlic Cloves, minced	4 each
1 large	Yellow Onion, diced small	1 large
1 large	Red Bell Pepper, diced small	1 large
1 1/2 Tbsp	Turmeric	14.1 g
1 Tbsp	Cumin	6.0 g
1 Tbsp	Paprika	6.8 g
2 tsp	Chili Powder	5.40 g
1/4 tsp	Cayenne Powder	0.45 g
2 cups	Red Lentils	384 g
4 cups	Vegetable Stock	946.32 g
2 cups	Water	473.16 g
3/4 cup	Greek Yogurt, divided	170.25 g
1/4 cup	Cilantro, fresh	4 g
2 Tbsp	Lime Juice	30.0 mL
1/4 tsp	Lime Zest	0.5 g
3/4 tsp	Salt, divided	4.5 g
To taste	Black Pepper	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Place a large pot over high heat and add the olive oil. Once heated, add the carrots, celery, onion and bell pepper, cook for 3-4 minutes.
3. Add the garlic, spices, 1/2 tsp of salt and pepper. Stir everything so the spices are evenly distributed. Cook for an additional 4-5 minutes or until the vegetables have softened. Stir occasionally.
4. Stir in the lentils, stock and water, bring to a boil and then reduce the heat to a simmer, cook for approximately 30-35 minutes.
5. Once the lentils are tender, stir in 1/2 cup of Greek yogurt and use a blender to puree the soup. The soup should have a creamy consistency.
6. In a small bowl combine the remaining Greek yogurt, cilantro, lime juice and zest and mix thoroughly. Lightly season with the rest of the salt and pepper.
7. Serve the soup in a small bowl and top with a small amount of the yogurt mixture. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1 cup**
Servings **8****Calories** 240
Calories from Fat 25

Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	8 mg
Sodium	240 mg
Carbohydrates	38 g
Dietary Fiber	19 g
Sugars	7 g
Protein	60 g
Vitamin A	456 %
Calcium	6 %
Vitamin C	96 %
Iron	30 %
Phosphorus	0 mg
