

Vegetarian Lentil Soup

Ingredients:

Serves 4

- 1 tsp Olive oil
- 1 onion, diced
- 2 carrots, sliced
- 4 cups vegetable broth
- 1 cup dry lentils (brown)
- ¼ tsp dried thyme
- ½ tsp turmeric
- 2 bay leaves
- Dash of salt to taste
- 2 tsp lemon juice (optional, but delicious)



Directions:

1. In a large pot, sauté the onions and carrot in the oil for 3-5 minutes until onions turn clear.
2. Add the vegetable broth, lentils, thyme, bay leaves, turmeric and a dash of sea salt or kosher salt and black pepper.
3. Reduce heat to a simmer. Cover and cook your soup until the lentils are soft, about 45 minutes.
4. Remove bay leaves and stir in lemon juice before serving. The lemon juice is optional, but it just helps to bring out all the other flavors a bit more.

Nutrition Facts

4 servings per container	
Serving size	1.5 C
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 34g	12%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 3mg	15%
Potassium 470mg	10%

*The % Daily Value 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.