



HEARTY LENTIL SOUP

INGREDIENTS

13 tbsp. olive oil
1/2 cup red onion, chopped
1/2 cup green pepper, chopped
1/2 cup red pepper, chopped
3 jalapenos
6 cloves garlic, diced
2 cups dry red lentils, soaked overnight and rinsed
3 medium tomatoes, diced
4 stalks celery, chopped
4 cups reduced-sodium chicken stock
4 cups water

Optional:

1 sprig fresh marjoram as garnish
4 - 6 slices of flat bread or nutty grain bread

DIRECTIONS

In a 4-quart stock pot at medium heat, add oil, onions, peppers, jalapenos, and garlic. Sauté until onions turn translucent.

Add lentils, tomatoes, celery, stock, and water; bring to a boil for 2 minutes. Cover and simmer for 20 minutes or until lentils are slightly crunchy.

Either in a traditional or immersion blender, blend mixture on a low speed but allow some chunkiness to remain.

Garnish with marjoram and serve with a side of flat bread or nutty grain bread.

BRENDA'S TIP

This spicy lentil soup will warm up your day. It's great served with a flat bread such as lavash.



CALORIES: 388 | **PROTEIN:** 23 grams | **FIBER:** 11 grams
SERVING SIZE: 1 cup | **SERVES:** 4-6