



**HEALTHY
CORNER
COOKING**

GLOWING SPICED LENTIL SOUP

Plant based, gluten free, grain free, soy free, nut free

Yields: 7 cups Prep time 15 Mins Cook time: 20 Mins

This soup is my go to Fall Soup. It's warm, cozy and so unbelievably flavorful. Even my kids love it! It's packed with tons of healthy spices, vegetables and protein! Awesome with crusty bread and BOOM dinner is served. You can feel great about eating this immune boosting soup and what's even more awesome is that you only need to chop a few things and the rest is in your spice rack. Dig in tennis friends!

INGREDIENTS:

- 1 1/2 tablespoons (22.5 mL) extra-virgin olive oil
- 2 cups (280 grams) diced onion (1 medium/large)
- 2 large garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cardamom
- 1 (14-ounce/398 mL) can diced tomatoes, with juices
- 1 (14-ounce/398 mL) can full-fat coconut milk*
- 3/4 cup (140 grams) uncooked red lentils, rinsed and drained
- 3 1/2 cups (875 mL) low-sodium vegetable broth
- 1/2 teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste
- Red pepper flakes or cayenne pepper, to taste (for a kick of heat!)
- 1 (5-ounce/140-gram) package baby spinach
- 2 teaspoons (10 mL) fresh lime juice, or more to taste



DIRECTIONS:

- In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.
- Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.
- Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Add red pepper flakes or cayenne, if desired, to taste. Stir to combine. Increase heat to high and bring to a low boil.
- Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.
- Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired. Ladle into bowls and serve with toasted bread and lime wedges.

NUTRITIONAL INFORMATION

Serving Size 1 cup (250 mL) | Calories 260 calories | Total Fat 16 grams
Saturated Fat 11 grams | Sodium 250 milligrams | Total Carbohydrates 24 grams
Fiber 8 grams | Sugar 4 grams | Protein 8 grams