

Making it delicious

FRENCH LENTIL SOUP

Ingredients

- 3 Tbsp. Olive oil
- 1 Onion, diced
- 2 cups Carrots, diced
- 3-4 Garlic cloves, minced
- 1 cup Brown or green lentils, picked over and rinsed
- 1 15-oz. can Diced tomatoes (no-salt-added), drained
- 4 cups water
- 1 Seasoning Packet*
- 1/4 tsp. Black pepper (optional)
- 2 cups Baby spinach
- 3-4 Tbsp. Lemon juice

*Seasoning Packet:
1/2 tsp. dried thyme, 1/2 tsp.
kosher salt. 2 bay leaves

Nutrition Facts

4 servings per container	
Serving size	(294g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 46g	17%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 4mg	20%
Potassium 598mg	15%

*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.



Instructions

- Warm the oil in a pot over medium heat.
- Add the onions and carrots; stirring often, cook until the onion has softened, about 5 minutes
- Stir in the garlic; cook for another 30 seconds.
- Stir in the tomatoes and cook for 2 more minutes.
- Pour in lentils, water, and seasonings; cover.
- Increase the heat to bring to a boil, then partially uncover the pot and reduce heat to maintain a gentle simmer.
- Stir occasionally and cook for about 30 minutes, or until lentils are tender, but still hold their shape.
- Add spinach and cook for 3-5 more minutes.
- Take the pot off heat and stir in lemon juice to taste.

Recipe adapted from: cookieandkate.com

SERVINGS: 4

PREP TIME: 45 MIN