

February 2021

One Pot Lentil Soup

Presented By: Jill Chodak

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Nutrition Facts

Calories: 140, Protein: 11.5g, Saturated Fat: 1g, Added Sugar: 0g, Fiber: 15g

Ingredients

1 medium onion, diced
3-4 carrots, diced
3-4 celery stalks, diced
1 cup dry lentils, rinsed
2 tbsp. soy sauce
1 cup dry red wine
3 cups veggie stock
1-14 oz. can of tomatoes or puree
1 tsp of each: ground turmeric, ginger, cumin, and thyme
1 tbsp. olive oil



Time to table:

35-45 Minutes

Video Length:

15 Minutes

Serves: 4-6

Vegan

Instructions

-Heat olive oil in a large pot. Cook all the vegetables for 3-4 minutes until softened.
-Add spices and sauté another 2 minutes.
-Add soy sauce and wine, then sauté another 2 minutes.
-Add lentils, tomatoes and stock, bring to a boil, and simmer for 30 minutes. Serve.

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