

Red Lentil Soup



These five simple and inexpensive kitchen staples make this deliciously satisfying soup packed full of protein and fiber from the red lentils. Eating these legumes helps to lower cholesterol, manage blood-sugar levels, and provide vitamins, minerals and protein, with virtually no fat. Serve as a first course or as a main with a salad of deep greens and colorful veggies.

Ingredients

1 Cup Red Lentils
4 Cups Veggie Broth
2 Tbsp Extra-Virgin Olive oil
2 Onions, chopped
Medium
1 Tbsp Tomato Paste

Instructions

Chop Onions. Sauté on medium heat in oil until soft. Wash and drain lentils. Add broth and lentils to soup pot. Add tomato paste. Simmer 20 minutes. Add fresh ground, black pepper to taste.
Makes 4 servings. Enjoy!

Notes

- Puree soup for smoother texture
- If doubling recipe, use ½ low sodium broth.
- Add black pepper or cayenne if you want to add a little kick.
- Leftovers freeze nicely.
- Use organic ingredients when possible

Gluten-free, dairy-free & vegan

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