

LENTIL & QUINOA SOUP

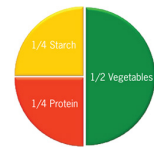
Makes 4 servings

Ingredients

- 2 tsp Olive Oil
- 1 medium diced onion
- 6 cloves chopped garlic
- Dash of pepper
- 1 tbsp ground cumin seeds
- 1 tsp dried ground coriander leaf
- 1 ½ cup diced carrots
- 1 cup red lentils
- 6 cups of low sodium vegetable or chicken broth
- ½ cup quinoa
- 1 tsp lemon zest
- ¼ cup lemon juice

Directions

1. Pre-heat 4-quart pot over medium heat.
2. Saute the onions in the olive oil for 4 until translucent (about 4 minutes).
3. Add the garlic, pepper and salt and saute for another minute.
4. Mix in the spices. Add in the carrots, lentils, zest and vegetable broth.
5. Cover the pot and bring to a boil.
6. Reduce heat and simmer for about 15 minutes.
7. Add the quinoa and simmer for an additional 25 minutes or until quinoa is cooked and lentils are creamy. Occasionally stir to prevent burning.
8. Add lemon juice and serve. Add salt and seasonings to taste.



Nutrition Facts	
4 servings per container	
Serving size	1
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 1450mg	63%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3.24mg	20%
Potassium 0mg	0%

*The % Daily Value (DV) 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.

Recipe adapted from Appetite for Reduction by Isa Chandra Moskowitz