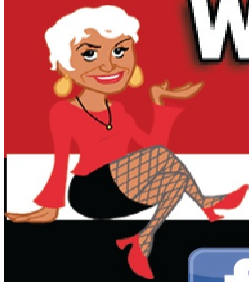


WEIGHT ★ NO ★ MORESM DIET CENTER



No one does what we do!



weightnomoredietcenter.com

WeightNoMoreDC



MEDITERRANEAN LENTIL SOUP WITH GREENS

Intermediate Lifestyle

Ingredients

2 cups dried lentils (brown or green)
12 cups low-sodium or sodium-free meat or vegetable broth
1/4 cup tomato sauce or paste
2 TBS olive oil
2 large finely chopped onions
3 cloves crushed garlic
2 cups coarsely chopped greens (spinach, kale, chard)
1/4 cup coriander OR chopped flat leaf parsley OR 2 TBS dried parsley
1-2 TSP cumin
1-1/2 TSP Morton's Lite salt
1/4 TSP pepper
pinch cinnamon & brown Splenda
1/4 cup lemon juice

Instructions

1. Pick over and rinse the lentils. Place lentils in a large pot with the broth and tomato sauce. Bring to a boil, then simmer until the lentils are tender, about 1 hour.
2. Meanwhile, in a skillet heat the olive oil. Add the chopped onions and crushed garlic and stir until shiny and transparent.
3. Add to the skillet all the chopped greens and all the seasonings, and cook until the greens are wilted.
4. Add all the contents in the skillets to the pot of cooked lentils. Taste and adjust the seasonings.

Portion-Per-Serving Information: (Yields 12 servings) Serving = 1 cup = 1 P

Note: Canned lentils can be used, but they are not as distinct in texture as home cooked ones. Be sure to drain and rinse them before cooking with other ingredients. Soup cooking time will be about 30-40 minutes.