



HEARTY LENTIL SOUP

Basic Lifestyle

INGREDIENTS

1 TBS olive oil	2 bay leaves
1 yellow onion, diced	$\frac{3}{4}$ TSP dried thyme
1 cup diced carrots	$\frac{1}{2}$ TSP pepper
$\frac{1}{2}$ cup diced celery	$\frac{1}{4}$ TSP ground cumin
1 TBS minced garlic	2 cups chopped kale
4 cups vegetable broth	1 TSP lemon juice
1 cup green or brown lentils	$\frac{3}{4}$ TSP salt
1 (15-ounce) can diced tomatoes, with liquid	

INSTRUCTIONS

—Heat the olive oil in a stockpot over medium-high heat.

—Add the onion, carrots, celery, and garlic to the pot, and sauté for 5 minutes. Raise the heat to high, and add the vegetable broth, lentils, diced tomatoes, bay leaves, thyme, pepper, and cumin.

—Bring the soup to a boil. Reduce heat to low, cover, and cook for 20 minutes, or until lentils are tender. If soup is too thick, add water, $\frac{1}{4}$ cup at a time, until your desired consistency is reached.

—Add the kale, lemon juice, and salt to the pot, cover, and let simmer for an additional 10 minutes before serving.

SERVING INFO: (Serves 4) 1 $\frac{1}{3}$ cups = 1/4 P, 2 $\frac{1}{2}$ V

See recipe photo at [Instagram](#) and [Facebook](#).