



VEGAN LENTIL SOUP

Intermediate Lifestyle

INGREDIENTS

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| 2 tbs extra-virgin olive oil | 1 cup mixed dry lentils (brown, green and black) |
| 1 ½ cups chopped yellow onions | ½ cup chopped sun-dried tomatoes in oil, drained |
| 1 cup chopped carrots | ¾ TSP salt |
| 3 cloves garlic, minced | ½ TSP ground pepper |
| 2 TBS no-salt-added tomato paste | 1 TBS chopped fresh dill, plus more for garnish |
| 4 cups reduced-sodium vegetable broth | 1 ½ TSP red-wine vinegar |
| 1 cup water | |
| 1 (15 ounce) can no-salt-added cannellini beans, rinsed | |

INSTRUCTIONS

—Heat oil in a large, heavy pot over medium heat. Add onions and carrots; cook, stirring occasionally, until softened, 3 to 4 minutes. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste and cook, stirring constantly, until the mixture is evenly coated, about 1 minute.

—Stir in broth, water, cannellini beans, lentils, sun-dried tomatoes, salt and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low to maintain a simmer. Cover and simmer until the lentils are tender, 30 to 40 minutes.

—Remove from heat and stir in dill and vinegar. Garnish with additional dill, if desired, and serve.

SERVING INFO: (Yields 6 servings)

1 cup = 1 P, 1 V, ½ FT

Recipe photo at [Instagram](#) and [Facebook](#).