



## 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

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