Egyptian Red Lentil Soup

Lentils are common in Middle Eastern and Indian diets, and are popular in cuisines throughout the world. They are a good source of protein and fiber.

Makes: 6 servings Prep Time: 10 minutes Cook Time: 40 minutes

Source: Common Threads

Ingredients

- 2 carrots
- 1 sweet potato
- · 1 medium tomato
- 1 medium onion
- · 4 cups low sodium vegetable broth
- · 1 cup lentils, red
- 2 cloves garlic
- · 2 tablespoons cumin
- · 1 tablespoon tomato paste

Directions

- 1. Wash and dry produce.
- 2. Measure out all ingredients.
- 3. Prepare veggies by dicing carrots, sweet potato, and tomato and cutting onion into quarters.
- 4. Place all ingredients in a large pot and bring to a boil. Once boiled, turn the heat to medium-low to simmer for about 20-25 minutes, allowing ingredients to soften.
- Allow to cool for approximately 10 minutes and then carefully pour into a blender or food processor and blend until creamy.
- 6. Transfer back into the pot and bring to a boil. Dilute as desired with additional vegetable stock. Be sure to add more cumin seasoning if thinning out for more flavor.
- 7. Serve warm and enjoy!







Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	250
Total Fat:	4%
Saturated Fat:	1.5%
Cholesterol:	<u>50 mg</u>
Sodium:	150 mg
Total Carbohydrates:	<u>10 g</u>
Dietary Fiber:	<u>5 g</u>
Total Sugars:	<u>3 g</u>
Added Sugars:	<u>0 g</u>
Protein	16%

Utensils Needed

- Can opener
- Large pot
- Spoon
- Knife
- Measuring spoons and cups

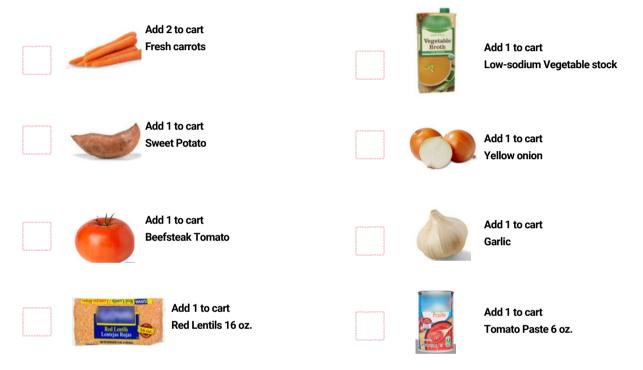


SHOPPING LIST

Average total cost: \$11.78 Average cost/serving: \$1.96 Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



SAVE TIME, SAVE MONEY

My Cooking Notes

Produce and Preparation Tips:

 Storage: Soup can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.

