

THE DIETITIANS NETWORK OF NOVA SCOTIA

Red Lentil Soup

March marks the beginning of (hopefully) spring for Canadians and Nutrition Month 2016. This Nutrition Month, the focus is on making small, sustainable changes one meal at a time with a goal of improved diet quality.

Recipe Name:	Filling Red Lentil Soup
Recipe By:	Monica Rodriguez, P.Dt
Short description of recipe:	<p>This soup is easy to make, budget friendly, and has been given rave reviews by vegetarians and meat-lovers alike. Whether the first diet change you would like to make is bringing lunch to work, increasing your vegetable intake, or consuming more meatless meals, this soup is the perfect way to kick off Nutrition Month 2016!</p>
Makes	Approximately 8-10 servings
Ingredients:	<p>2 tbsp olive oil 2 tsp minced garlic 1 medium onion, finely chopped 1 medium potato, peeled and cut into ¼ inch pieces 2 medium carrots, peeled and cut into ¼ inch pieces 2 stalks of celery, trimmed and finely chopped 1 28-oz can of plum tomatoes with juice 2 cups dried red lentils ½ tsp dried thyme ½ tsp dried cumin 6 cups low-sodium or no sodium vegetable broth</p>
Instructions:	<ol style="list-style-type: none"> 1. In a large soup pot, heat oil over medium heat. 2. Sauté garlic, onion, and potato for 5 to 7 minutes. Add carrots and celery and cook for another 2 to 3 minutes. 3. Add tomatoes and juice, lentils, thyme, cumin, and vegetable broth. Stir thoroughly. 4. Bring to a boil, then reduce heat to low, cover, and simmer for 30 to 40 minutes or until the lentils are soft. 5. For a chunky version, place half the soup in a blender or food processor. Process until pureed. Return pureed soup to the pot and blend into remaining soup. 6. For a smooth, pureed version, puree the soup in batches in a blender or food processor or use an immersion blender.