

Vegetable Loaded Lentil Soup

Prep Time 15 mins
Total Time 30 mins

Meal Type Side

Contributed By



JULIE HARRINGTON
REGISTERED DIETITIAN & CULINARY NUTRITION

Source Adapted from [Chef Julie Harrington, RD](#)

Servings 6



Ingredients

lb,c

g,ml

- 2 Tbs olive oil
- 1 small onion, *diced*
- 2 large carrots, *peeled and chopped*
- 2 zucchini, *chopped*
- 5 Cloves garlic, *minced*
- 2 tsp cumin, ground
- 1/2 tsp thyme, dried
- 2 (15 oz.) cans fire roasted diced tomatoes
- 1/2 cup dried green lentils
- 4 cup vegetable broth
- 3 cup water
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp red pepper flakes
- 2 cup kale, *ribs removed and chopped*

Directions

Prep

1. Dice onion.
2. Peel and chop carrots/chop zucchini.
3. Mince garlic.
4. Remove ribs of kale and chop.

Make

1. Heat olive oil in a large stock pot over medium heat. Add the onions and carrots, cook stirring often, until onion becomes tender and translucent.
2. Add zucchini and sauté and addition 3 minutes.
3. Add the garlic, cumin, and thyme. Cook until fragrant. Add fire roasted tomatoes and lentils, then pour in vegetable broth and water. Season with salt, pepper and red pepper flakes.
4. Bring soup to a boil, then turn down to a gentle simmer. Cook for 30 minutes, until the lentils are tender.
5. Transfer 3 cups of soup into a blender or food processor (make sure to get an even mixture of veggies and broth). Puree mixture until smooth.
6. Add pureed soup back into the pot and add kale. Cook until wilted.

Notes

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 152

per serving

Amount/serving	% Daily Value*
Total Fat 5.4g	8%
Saturated Fat 0.7g	3%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 924mg	40%
Vitamin D 0mcg 0% · Calcium 82mg 8% · Iron 2mg 13% · Potassium 473mg 10%	

Amount/serving	% Daily Value*
Total Carbohydrates 22g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Protein 6g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -