

Brazilian Lentil Soup with Kale

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-lentil-soup-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 2 medium carrots diced
- 1 celery stalk diced
- 3 garlic cloves chopped
- 5 cups chicken stock or vegetable stock to make the dish vegetarian
- 1 large tomato diced
- 1 cup green lentils or dry brown, rinsed
- 1 bay leaf
- 2 cups kale chopped, veins removed
- salt
- pepper

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 14 grams
6. Protein: 19 grams
7. Sodium: 530 milligrams
8. Sugar: 9 grams

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