

# Vegan Lentil Spinach Soup

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-lentil-and-spinach-soup-with-lemon-recipe>

## Ingredients:

- 1/4 cup extra virgin olive oil
- 1 onion chopped
- 2 carrots peeled and chopped
- 4 garlic cloves minced
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon dried oregano
- 28 ounces chopped tomatoes
- 1 cup lentils picked over and rinsed, I used split red lentils
- 5 cups water
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 5 ounces baby spinach
- 1/2 lemon

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 47 grams
3. Fat: 14 grams
4. Fiber: 20 grams
5. Protein: 17 grams
6. SaturatedFat: 2 grams
7. Sodium: 680 milligrams
8. Sugar: 10 grams

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