

Easy Greek Red Lentil Soup

Yield: 6 min
Total Time: 33 min

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

Ingredients:

- extra virgin olive oil I used Early Harvest
- 1 large onion chopped
- 3 garlic cloves minced
- 2 carrots chopped
- 3 teaspoons oregano
- 1 1/2 teaspoons cumin
- 1 teaspoon rosemary
- 1/2 teaspoon red pepper flakes
- 2 bay leaves
- 1 cup crushed tomatoes from a can
- 7 cups low sodium vegetable broth
- 2 cups red lentils rinsed and drained
- kosher salt
- 1 lemon
- 2 lemons
- fresh parsley for garnish, optional
- crumbled feta cheese to serve, optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 26 grams
6. Protein: 19 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 430 milligrams
9. Sugar: 6 grams

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