

Italian Lentil Soup

Yield: 9 min
Total Time: 80 min

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

Ingredients:

- 2 tablespoons virgin olive oil extra-
- 2 cups white onion diced , about 1 large onion
- 1 cup carrots diced , about 2 large carrots, peeled
- 1 cup diced celery about 2 celery stalks, leaves removed
- 4 cloves garlic peeled and minced
- 8 cups vegetable stock
- 1 cup lentils rinsed, , red, green or brown
- 28 ounces fire-roasted diced tomatoes
- 2 bay leaves
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper freshly-
- 1 pinch crushed red pepper
- 2 cups collard greens roughly-chopped
- finely chopped fresh parsley optional
- grated Parmesan cheese optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 27 grams
3. Fat: 3.5 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1000 milligrams
8. Sugar: 5 grams

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