

# Italian Tomato Lentil Soup

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 2 tablespoons olive oil
- 1 medium onion minced
- 4 garlic cloves minced
- 2 carrots minced
- 2 celery stalks minced
- 2 teaspoons herb mix dried Italian
- 1 teaspoon smoked paprika
- 1 teaspoon salt EACH:, and pepper
- 1 cup green lentils organic
- 6 cups vegetable stock can use chicken stock
- 14 ounces chopped tomatoes or 3 medium sized tomatoes chopped
- 3 ounces baby kale leaves
- 1 jalapeño seeded and chopped
- 1/4 cup grated Parmesan cheese

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 18 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 2140 milligrams
9. Sugar: 11 grams

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