

Easy Lentil Soup

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-green-lentil-recipe>

Ingredients:

- 1 quart vegetable stock or chicken stock
- 2 cups water purified
- 1 1/2 cups lentils soaked and rinsed
- 3 tablespoons extra virgin olive oil
- 1 small yellow onion finely chopped
- 2 celery ribs finely chopped
- 1 large carrot finely chopped or grated
- 4 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 1 tablespoon red wine vinegar aged balsamic also works
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper course
- 2 tomatoes seeded and chopped, or one 12 oz can, optional
- diced tomatoes organic
- greens optional
- spinach optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 28 grams
3. Fat: 6 grams
4. Fiber: 12 grams
5. Protein: 11 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 800 milligrams
8. Sugar: 4 grams

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