

1-Pot Everyday Lentil Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-green-rice-krispy-treats-recipe>

Ingredients:

- 2 tablespoons water or sub oil of choice, such as avocado or coconut
- 6 grams garlic minced, or sub 2 Tbsp garlic-infused oil*
- 2 shallots small, or 1/2 white onion, diced, optional
- 4 carrots large, ~245 g, thinly sliced
- 4 stalks celery ~160 g, thinly sliced
- 1/4 teaspoon sea salt each, and black pepper, divided, plus more to taste
- 3 cups baby potatoes ~500 g yellow or red, roughly chopped into bite-size pieces*
- 4 cups vegetable broth
- 3 sprigs fresh rosemary or thyme, I used a bit of both
- 1 cup brown lentils or uncooked green, thoroughly rinsed and drained
- 2 cups greens ~130 g chopped sturdy, such as kale or collard greens
- fresh parsley
- rice or Cauliflower Rice
- garlic
- flatbread
- dinner rolls Spelt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 78 grams
3. Fat: 0.5 grams
4. Fiber: 20 grams
5. Protein: 19 grams
6. Sodium: 1270 milligrams
7. Sugar: 8 grams

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