

The Best Lentil Soup

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons oil I like avocado oil
- 1 yellow onion finely chopped
- 3 carrots finely chopped
- 3 stalks celery finely chopped
- 3 garlic cloves minced
- 1/2 teaspoon salt
- 1/2 teaspoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 cup lentils picked and rinsed*
- 15 ounces diced tomatoes with their juices
- 4 cups vegetable broth
- 2 bay leaves
- fresh lemon juice squeeze

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 47 grams
3. Fat: 8 grams
4. Fiber: 19 grams
5. Protein: 15 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1290 milligrams
8. Sugar: 11 grams

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