

Tri-Colored Lentil Soup

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/tri-colored-italian-cookies-recipe>

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic finely chopped
- 1 onion finely chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried thyme
- 1 teaspoon ground coriander
- 4 teaspoons salt
- 1/8 teaspoon cayenne pepper
- 2 stalks celery cut in small dice
- 2 carrots cut in small dice
- 1 cup green lentils
- 1 cup red lentils
- 1 cup split peas yellow
- 1 bunch Swiss chard Ruby or green
- 1 lemon finely grated zest and juice
- 2 1/2 pita bread rounds of

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 61 grams
3. Fat: 5 grams
4. Fiber: 25 grams
5. Protein: 22 grams
6. Sodium: 1390 milligrams
7. Sugar: 5 grams

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