

Lentil Soup

Lentils, a part of the legume family are loaded with nutritional benefits. To name a few, these high protein mineral enriched beans are loaded with fiber, help lower cholesterol, and help manage blood sugars. This healthy soup will satisfy your hunger on a cold winter's day.

Ingredients

2 cups red lentils, rinsed in several changes of cold water until water runs clear
8 cups homemade chicken broth, or low sodium chicken broth
1 tablespoon curry
1 teaspoon turmeric
1 cup sliced celery
1 cup sliced carrots
2 cups coarsely chopped spinach or baby spinach leaves
1 large white onion, chopped
2 garlic, chopped
1 cup, small, short, thin noodles (made of durum wheat semolina)
1/2 teaspoon salt
5 tablespoons extra virgin olive oil

Preparation

Heat 3 tablespoons olive oil in large cast iron or heavy large pot on medium-high heat. Add onions with a pinch of salt and saute until soft, about 7-10 minutes. Add garlic and saute for one minute longer. Add curry and turmeric and saute until combined. Add lentils, chicken broth, and 1/2 teaspoon salt to the pot and bring to a boil. Reduce heat to a medium simmer, partially covered, stirring frequently, and cook until lentils are tender, about 20 minutes. Remove from heat and cool slightly.

Heat 2 tablespoons olive oil in medium frying pan and saute noodles until golden, about 2 minutes. Remove from heat and set aside.

Puree soup mixture with a hand blender until smooth. Gently bring soup back to a simmer and add carrots and celery. Simmer until vegetables are al dente (firm not soft), about 3-4 minutes. Add noodles and spinach and stir until spinach is wilted. You may add additional chicken broth to thin soup to desired consistency if preferred. Serve immediately.

Makes 4-6 Servings

*Leftover soup may be re-heated, adding additional chicken broth or water to thin soup if necessary.