



Lentil Soup

Prep Time: 20 min

Cook Time : 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

363 Calories

16.96 total grams of fat

855 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 1/4 cup extra virgin olive oil**
- 1 cup diced onion
- 3/4 cup diced carrots
- 4 garlic cloves, minced
- Lentil Soup Spices (2 tsp ground cumin, 1 tsp curry powder, 1/2 tsp dried thyme)
- 1 (28 ounces) can diced tomatoes
- 1 cup lentils, rinsed and drained
- 4 cups low sodium vegetable broth
- 2 cups water**
- Salt & black pepper, to taste**
- 1/4 tsp red pepper flakes—or more for you desired heat/spice preference
- 1/2 bunch kale, tough ribs removed and leaves chopped
- 1 lemon, juiced
- 4 Ciabatta Rolls

DIRECTIONS:

1. Warm **1/4 cup olive oil** in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the **diced onions & diced carrots** and cook, stirring often, until the onion has softened, about 5 minutes. Add the **4 cloves minced garlic & Lentil Soup Spices**. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the **can of diced tomatoes** and cook for 3 minutes, stirring often. Pour in the **lentils, 4 cups vegetable broth and 2 cups water**. Add **1/4 tsp salt and a pinch of red pepper flakes**. Season generously with freshly ground **black pepper**. Raise the heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 20 minutes, or until the lentils are tender but still hold their shape.
3. Wash **kale**, remove ribs and chop the kale leaves. Add the **chopped kale** to the soup. Cook for 5-10 minutes, or until the greens have softened to your liking.
4. OPTIONAL: Transfer **2 cups of the soup to a blender**. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. If you don't have a blender, use a potato masher and mash the 2 cups. Pour the puréed soup back into the pot. This process gives a smoother soup.
5. Remove the pot from heat and stir in the **juice of half of a lemon**. Taste and season if needed with more **salt, pepper or lemon juice**.
6. To warm the frozen **ciabatta rolls**, place in a 400 degree oven for 10 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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