



Lentil ^{Optional} Kale Soup

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The wholesome lentil kale soup recipe is packed full of nourishing veggies and tastes amazing! You'll love its vibrant and hearty combination of flavours. Give it a go when you are in the mood for a comforting meal!

Course	<u>Main Course, Soup</u>
Cuisine	American, European
Diet	Vegan, Vegetarian
Prep Time	15 minutes
Cook Time	45 minutes
Total Time	1 hour
Servings	6 bowls
Calories	182kcal
Author	<u>Sophie & Paul</u>

Ingredients

- 1 tbsp olive oil *Not necessary. I don't use it. Watch carefully & add 1 tsp of water as needed.*
- 1 medium onion
- 2 medium carrots
- 1 stick celery
- 1 cup (100 g) mushrooms
- 3 cloves garlic
- 2 tsp grated ginger
- ½ tsp chilli flakes / red pepper flakes **optional**
- 1 tsp lemon zest
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp ground cumin
- ½ tsp black pepper
- 1 cup (200 g) green or brown lentils **dried**
- 5 cups (1200 ml) vegetable stock
- 1 tbsp lemon juice
- 1 bay leaf
- 3 cups (90 g) kale **thick stems removed** / *or spinach*

Instructions

1. In a stockpot over medium heat, heat up the olive oil and saute the onion, carrots, celery and mushrooms for 5 - 10 minutes, until the veggies are soft and slightly browned.

- 1 tbsp olive oil, 1 medium onion, 2 medium carrots, 1 stick celery, 1 cup mushrooms
2. Add garlic, ginger and chili flakes and saute for 1 more minute.
3 cloves garlic, 2 tsp grated ginger, ½ tsp chilli flakes / red pepper flakes
3. Stir in the lemon zest, dried oregano, paprika, cumin, and black pepper. Briefly fry for 30 seconds.
1 tsp lemon zest, 1 tsp dried oregano, 1 tsp paprika, ½ tsp ground cumin,
½ tsp black pepper
4. Add the lentils, vegetable stock, lemon juice and bay leaf.
1 cup green or brown lentils, 5 cups vegetable stock, 1 tbsp lemon juice, 1 bay leaf
5. Bring to a boil, then simmer covered with a lid at medium-low heat for 25 - 35 minutes, until your lentils are tender to the bite.
6. Add the washed and chopped kale. Stir it in and simmer for about 3 minutes until the kale has wilted down, but is still a fresh-looking green.
3 cups kale
7. Serve and garnish with extra lemon zest and fresh herbs if desired.

Notes

Lentil cooking times

Different varieties of lentils will take different times to cook until they are done. Start checking them after about 25 minutes.

Nutrition

Serving: 1bowl | Calories: 182kcal | Carbohydrates: 29g | Protein: 10g | Fat: 3g | Saturated Fat: 0.5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 828mg | Potassium: 614mg | Fiber: 13g | Sugar: 5g | Vitamin A: 7427IU | Vitamin C: 38mg | Calcium: 130mg | Iron: 4mg

Lentil Kale Soup by Sophie and Paul at Vegan on Board.