

Egyptian Red Lentil Soup

Lentils are common in Middle Eastern and Indian diets, and are popular in cuisines throughout the world. They are a good source of protein and fiber.

Makes: 6 servings

Prep Time: 10 minutes

Cook Time: 40 minutes

Source: Common Threads



Small Changes, BIG Difference!

Ingredients

- 2 carrots
- 1 sweet potato
- 1 medium tomato
- 1 medium onion
- 4 cups low sodium vegetable broth
- 1 cup lentils, red
- 2 cloves garlic
- 2 tablespoons cumin
- 1 tablespoon tomato paste

Directions

1. Wash and dry produce.
2. Measure out all ingredients.
3. Prepare veggies by dicing carrots, sweet potato, and tomato and cutting onion into quarters.
4. Place all ingredients in a large pot and bring to a boil. Once boiled, turn the heat to medium-low to simmer for about 20-25 minutes, allowing ingredients to soften.
5. Allow to cool for approximately 10 minutes and then carefully pour into a blender or food processor and blend until creamy.
6. Transfer back into the pot and bring to a boil. Dilute as desired with additional vegetable stock. Be sure to add more cumin seasoning if thinning out for more flavor.
7. Serve warm and enjoy!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	250
Total Fat:	4%
Saturated Fat:	1.5%
Cholesterol:	50 mg
Sodium:	150 mg
Total Carbohydrates:	10 g
Dietary Fiber:	5 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	16%

Utensils Needed

- Can opener
- Large pot
- Spoon
- Knife
- Measuring spoons and cups

SHOPPING LIST

Average total cost: \$ 11.78

Average cost/serving: \$ 1.96

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to cart
Fresh carrots



Add 1 to cart
Low-sodium Vegetable stock



Add 1 to cart
Sweet Potato



Add 1 to cart
Yellow onion



Add 1 to cart
Beefsteak Tomato



Add 1 to cart
Garlic



Add 1 to cart
Red Lentils 16 oz.



Add 1 to cart
Tomato Paste 6 oz.

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce and Preparation Tips:

- Storage: Soup can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.