

Lentil Soup with Lemon and Turmeric

PREP 10min COOK 50min TOTAL 1hrs

This is our favorite lentil soup recipe. I make this soup with lentils, carrots, turmeric, and fresh lemon whenever we are in need of some healthy comfort food. It's savory, satisfying, and utterly delicious. I like quite a bit of fresh lemon in this soup and actually serve the soup with slices of lemon. This adds even more lemony flavor and shows that lemon was added to the soup.



Makes 6 to 8 servings

YOU WILL NEED

- 2 tablespoons olive oil
- 2 cups finely chopped onion (1 medium onion)
- 1 1/2 cups chopped carrot (2 large carrots)
- 2 teaspoons minced garlic (3 cloves)
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon ground turmeric
- 2 cups (12 ounces) lentils, picked and rinsed
- 8 cups chicken or vegetable broth
- 2 heaping cups shredded kale or spinach
- 1 to 2 lemons
- 1/4 cup chopped fresh herbs like parsley or dill, optional
- Fine sea salt, to taste

DIRECTIONS

Heat the oil in a large pot (like a Dutch oven) over medium heat. Add the onions, carrot, and 1/4 teaspoon of salt and cook, stirring occasionally until they are softened and starting to smell sweet, about 5 to 7 minutes. Stir in the garlic, cumin, coriander, black pepper, and turmeric and cook for 30 seconds.

Stir in the lentils and broth. Increase the heat to high and bring just to a boil. Taste then adjust with salt (we add between 1/2 and 1 teaspoon depending on how well seasoned the broth is). Reduce the heat to a simmer and cook, partially covered, until the lentils are tender, 35 to 40 minutes.

Uncover the pot and stir in the kale (or spinach) and cook, uncovered, another 5 minutes. Take the soup off of the heat, and then stir in the juice of half a lemon and the fresh herbs. Taste the soup, and then season with additional salt and/or lemon juice. (I like quite a bit of lemon.)

Serve or if you prefer the soup to be blended, use an immersion blender to blend until your desired consistency. Alternatively, you can use a stand blender to blend all or part of the soup. For even more lemon flavor, serve with a few lemon slices.

- The soup will keep stored in the refrigerator up to four days and in the freezer for several months. If when reheating the soup, it seems too thick or dry, add a splash of extra broth or water.
- For some extra flavor, cook bulk sausage or ham with the onions and carrots.
- Nutrition facts: The nutrition facts provided below are estimates. We have used the USDA database to calculate approximate values. Sodium will vary depending on the broth used.

If

NUTRITION PER SERVING: Serving Size 1/6 of the recipe / Calories 298 / Total Fat 5.5g / Saturated Fat 0.8g / Cholesterol 0mg / Sodium 1155.9mg / Total Carbohydrate 45.3g / Dietary Fiber 8g / Total Sugars 5.2g / Protein 19.5g

AUTHOR: Adam and Joanne Gallagher

