

Vegetable Lentil Soup

Cook Time: 40 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 cup dried green or brown lentils, *rinsed and drained*
- 1 large onion, *diced*
- 2 carrots, *diced*
- 4 cloves garlic, *minced*
- 5 cups (140 grams) of fresh spinach
- 2 cans (15 oz/443 mL/800g) diced tomatoes
- 6 cups low-sodium vegetable broth or water
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon dried thyme
- Salt and pepper to taste



Instructions

1. In a large pot, warm up the olive oil on medium heat and add the diced onions, carrots, and celery. Sauté the vegetables for 5 minutes until they begin to soften.
2. Add ground cumin, minced garlic, ground turmeric, ground ginger, and dried thyme to the pot. Stir well for 1 minute.
3. Add the vegetable broth, dried lentils, and diced tomatoes to the pot. Cover the pot and bring the mixture to a boil.
4. Crack the lid open and simmer on low heat for about 25 minutes, or until the lentils and vegetables are tender. Stir occasionally if needed.
5. Add the spinach and simmer for a few more minutes until you get the desired texture.
6. Add salt and pepper to taste.
7. Serve in a bowl and enjoy!

**Recipe adapted from theplantbasedschool.com*



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