

Crushed Lentil Soup

submitted by memcbrid

Per serving: 212 Calories • 35.9g Carbs (5.6g Fiber) • 1.5g Fat • 15.1g Protein

Ingredients

Ingredients scaled to: 6 serving

- 1 tsp **Olive oil** (4.5 grams)
- 1/2 large **Onions** (75 grams)
- 4 cloves, minced **Garlic** (12 grams)
- 1 1/2 cup **Lentils** (288 grams)
- 8 cup **Vegetable Broth** (1.9 kg)
- 1 tsp **Turmeric** (2.2 grams)
- 1 1/2 tsp, ground **Cumin** (4.5 grams)
- 1/2 lemon yields **Lemon juice** (23.5 grams)
- 4 tbsp **Parsley** (15.2 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Heat oil in a pan and gently fry the chopped onions for 5 minutes.
2. Add the chopped garlic, turmeric and cumin and continue cooking for a few minutes more.
3. Stir in the lentils, add the stock and cook for 35 minutes. Stir several times during cooking, especially towards the end, to prevent lentils from sticking to base of pan.
4. Toss in parsley, stir in lemon juice and leave to cook for 2-3 minutes more.