RED LENTIL CARROT SOUP

Lentils can be cooked in water until soft! No need to soak!

www.foodbankst.org/jsy
RED LENTIL CARROT SOUP  
SERVES 6 • SERVING: 1 1/2 CUPS

INGREDIENTS:
• 2 tablespoons vegetable oil  
• 1 diced medium onion  
• 2 finely chopped garlic cloves  
• 4 diced carrots  
• 2 teaspoons ground cumin  
• 3 cans low-sodium vegetable broth (15 oz.)  
• 1 cup red lentils  
• 1 can low-sodium diced tomatoes, with liquid (15 oz.)  
• 4 cups rinsed baby spinach  
• Salt and pepper, to taste

DIRECTIONS:
1. Heat oil in a large pot over medium heat.  
2. Add onion and garlic and cook for a few minutes, until soft.  
3. Add carrots and cook for about 5 mins or until carrots are soft. Add cumin and cook for 1 more minute.  
4. Add vegetable broth and lentils. Bring soup to a boil, then turn heat to low and simmer for 15 minutes, or until lentils are soft.  
5. Add canned tomatoes and simmer for 5 minutes.  
7. Serve warm and enjoy!  
8. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.