

# RED LENTIL CARROT SOUP

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



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*Just Say Yes*  
To Fruits & Vegetables  
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**FIDELIS CARE®**

# RED LENTIL CARROT SOUP

**SERVES 6 • SERVING: 1 1/2 CUPS**

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## 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.
6. Stir in spinach. Add salt and pepper to taste.
7. Serve warm and enjoy!
8. Refrigerate leftovers.

For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)

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