



Makes 4 servings

LENTIL SOUP

INGREDIENTS

2 tablespoons oil, I like avocado oil
1 yellow onion, finely chopped
3 carrots, finely chopped
3 stalks celery, finely chopped
3 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon ground coriander
1 teaspoon cumin
1 teaspoon chili powder
1 cup lentils, picked and rinsed*
15- ounces diced tomatoes, with their juices
4 cups vegetable broth
2 bay leaves
1 lemon

INSTRUCTIONS

In a large pot, warm the olive oil over medium heat. Add the onion, carrot, celery and salt, then cook for 3 to 5 minutes, until vegetables are softened.

Next add the garlic, coriander, cumin and chili powder. Stir to combine and continue to cook for 2 more minutes.

To the pot, pour in the rinsed lentils, diced tomatoes with their juices, and vegetable broth. Add the bay leaves then bring liquid to a boil. Reduce to a simmer, cover and cook for 20 minutes, or until lentils are soft. Squeeze fresh lemon juice over top, then stir to combine. Serve warm with cashew parmesan and enjoy!

*The recipe is written assuming you soak the lentils for at least 6 to 8 hours. Soaking them helps reduce phytic acid which increases absorption of nutrients and lessens bloating. I highly recommend this step! To soak, simply place the lentils in a large bowl and cover with water by a few inches. Drain and rinse before using in the recipe. If you skip this step you will need to add 1 or 2 cups extra broth and increase the overall cooking time by at least 15 minutes.