

Quick Lentil Soup

Makes 8 servings (1 cup) | Time to prep + serve: 1-2 hours

High fiber
Batch cooking

INGREDIENTS

- 1 large onion, chopped
- 3 medium carrots, chopped
- 2 celery ribs, chopped
- 3 cloves garlic, chopped
- 2 Tbsp olive oil
- 2 oz bacon
- 4 cups precooked lentils
- 1 qt bone broth
- 1 Tablespoon curry powder or preferred herbs/spices
- 1 Tablespoon kosher salt

Saute olive oil and bacon in a soup pot over medium heat until bacon renders the fat about 5-6 minutes. Add onion, carrots, and celery and garlic and sauté until onions are translucent about 7-10 minutes. Add lentils, bone broth, curry powder and salt. Bring to a boil, then cover pot and cook over medium low heat for 30 minutes, until lentils and vegetables are tender.

NUTRITION

Total Calories per serving 200 cal
Protein 14g
Total Fat 5g
Total Carbohydrate 25g
Dietary Fiber 10g