

INGREDIENTS

- ¼ cup virgin olive oil
- 1 tbsp onion powder
- ½ can diced carrots
- 1 tbsp garlic powder
- 2 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 2 cups water
- ½ cup canned collard greens
- 1 large can (28 ounces) diced tomatoes, drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 1 tsp salt, more to taste
- Optional: pinch of red pepper flakes

DIRECTIONS

1. Warm the olive oil in a pot over medium heat.
2. Once the oil is shimmering, add the onion powder, carrots, garlic, cumin, and curry powder and cook, until soft.
3. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.
4. Pour in the lentils, broth, and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Bring the mixture to a boil, partially cover, then reduce to a simmer. Cook for 25 to 30 minutes, or until the lentils are tender.
5. Transfer 2 cups of the soup to a blender. Pour the puréed soup back into the pot.
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Taste and season with more salt, pepper and/or lemon juice to your liking. Enjoy!



LENTIL SOUP

Clyde's Cupboard

Gluten Free | High Protein | Vegan | Dairy-Free |

Yield:
4 Servings

Prep Time:
10 Min

Cook Time:
30 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
304 kcal	14 g	33 g	10 g	13 g