

Ingredients

1 Tbsp water	4 cups vegetable stock
1 onion, chopped	1 can petite diced tomatoes with juice (28 oz)
1 jalapeno, deseeded and minced	1 cup red lentils, dry
2 stalks celery, chopped	2 Tbsp nutritional yeast
2 cloves garlic, minced	1 tsp lemon juice
1 Tbsp fresh ginger, minced	1/4 tsp red pepper flakes
1 tsp curry powder	1/4 tsp black pepper
1/2 tsp cumin	1/4 tsp salt to taste
1 tsp turmeric	

Instructions

In a large pot on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onion, jalapeno, and celery and cook about 3 minutes, adding water just as needed to prevent sticking.

Add garlic, fresh ginger, curry powder, cumin, turmeric, and saute for 1-2 minutes more. Add remaining ingredients (vegetable stock, diced tomatoes with juice, lentils, nutritional yeast, lemon juice, red pepper flakes and black pepper).

Bring to boil, then cover and turn heat low to a slow simmer, stirring occasionally, until lentils, are tender, about 50 minutes.

Nutrition Information Per Serving

Serving Size: 1 cup

Serves 6

Calories: 180

Fat: 1 gm

Sodium: 420 mg

Fiber: 9 gm

Carbohydrates: 31 gm

Protein: 12 gm

Sugar: 5 gm