

## Lentil Soup

Serves: 12- 1 cup

amount	unit	Ingredients:
1	Tbsp	water
2	each	onion, chopped
2	each	jalapeño, deseeded and minced
4	stalks	celery stalks, chopped
4	cloves	garlic, minced
2	Tbsp	fresh ginger, minced
2	tsp	curry powder
1	tsp	cumin
2	tsp	turmeric
8	cups	vegetable stock
2	cans	28 oz can petite diced tomatoes with juice
2	cups	red lentils, dry
4	Tbsp	nutritional yeast
2	tsp	lemon juice
0.5	tsp	red pepper flakes
0.5	tsp	black pepper
0.5	tsp	Salt to taste

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 sauté 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.

### Nutritional Information:

Calories: 180; Carbohydrate: 31g; Fiber: 9g; Sugar: 5g; Protein: 12g; Fat: 1g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 420mg