

Spicy Sprouted Lentil Soup

Recipe from: thecoconutmama.com

Makes 6 Servings

Ingredients

2 cups sprouted lentils, dry
6 cups vegetable or chicken broth
2 bay leaves
½ tsp cumin
½ tsp oregano
¼ tsp each salt and pepper, or to taste
1 jalapeno pepper, chopped (add more or less according to your spicy preference)
1 small red bell pepper, diced
1 medium carrot, diced
1-2 cups water



Directions

1. Bring broth to a boil. Add lentils and seasonings and simmer until tender, about 10 minutes.
2. Remove 1 cup of cooked lentils and puree in a food processor. You can also use an immersion blender to puree half of the mixture directly in the pot.
3. Add lentil puree back to soup.
4. Stir in diced jalapeno, carrot, and bell pepper. Add water to thin until desired soup consistency is achieved (1-2 cups).
5. Continue to cook until vegetables are tender, about 20 minutes.
6. Remove and discard bay leaves before serving.

Notes

This soup is delicious served alone but is also great topped with shredded cheese, chopped onions, salsa, avocado and/or fresh lime juice.

Nutrition Information per Serving: Calories- 220, Total Fat- 2gm, Saturated Fat- 0gm, Chol- 0mg, Carbs- 38gm, Protein-15gm, Sodium- 330mg