

# lentil soup with lemon and turmeric

**Makes 6-8 servings**

RECIPE ADAPTED FROM: [Inspired Taste](#)

PREP TIME: 10 minutes

COOK TIME: 50 minutes

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2 Tbsp olive oil  
1 medium onion, finely chopped(2 cups)  
2 large carrots, chopped (1 ½ cups)  
2-3 garlic cloves, minced  
1 tsp ground cumin  
½ tsp ground coriander  
½ tsp fresh ground black pepper  
½ tsp ground turmeric  
2 cups lentils, picked and rinsed  
8 cups vegetable broth or bone broth  
2 heaping cups shredded kale or spinach  
OR a 5oz clam shell baby kale or spinach  
1 to 2 lemons  
¼ cup chopped fresh herbs like parsley or dill, opt.  
Fine sea salt, to taste

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HEAT the oil in a large pot (like a Dutch oven) over medium heat.

ADD the onions, carrot, and ¼ teaspoon of salt and cook, stirring occasionally until they are softened and starting to smell sweet, about 5 to 7 minutes.

STIR in the garlic, cumin, coriander, black pepper, and turmeric and cook for 30 seconds.

STIR in the lentils and broth. Increase the heat to high and bring just to a boil. Taste, then adjust with salt. Reduce the heat to a simmer and cook, partially covered, until the lentils are tender, 35 to 40 minutes.

UNCOVER the pot and stir in the kale (or spinach) and cook, uncovered, another 5 minutes.

TAKE the soup off the heat, and then stir in the juice of half a lemon and the fresh herbs.

TASTE the soup, and then season with additional salt and/or lemon juice. (I like quite a bit of lemon.)

