



Blended Red Lentil Ginger Soup

4 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, chopped)
- 2 Carrot (chopped)
- 3 Garlic (cloves, chopped)
- 1 1/2 tps Moroccan Spice Blend
- 4 cups Chicken Broth, Low Sodium
- 3/4 cup Dry Red Lentils (rinsed)
- 1 tbsp Finely Grated Ginger
- Kosher Salt & Black Pepper (to taste)
- 1 tbsp Tomato Paste

Nutrition

Amount per serving	
Calories	242
Fat	5g
Carbs	36g
Fiber	7g
Sugar	5g
Protein	15g
Cholesterol	0mg
Sodium	187mg
Vitamin A	5157IU
Vitamin C	3mg
Calcium	44mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion, ginger and carrot and sauté for eight to ten minutes, or until softened. Add the garlic and cook for 30 seconds.
- 2 Add the tomato paste and Moroccan spice blend and cook for one minute, stirring often. Deglaze with a splash of the vegetable broth and scrape the bottom of the pot with a wooden spoon.
- 3 Add the remaining broth, lentils, and season with salt and pepper. Bring to a boil and then reduce the heat. Cover and simmer for 20 to 25 minutes until everything is softened and cooked through.
- 4 Remove from the heat and blend with an immersion blender until smooth. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups.

More Flavor: Add chili flakes.

Additional Toppings: Top with chopped parsley or swirl in coconut milk.