

Clean Out The Fridge Soup



Servings: 6

3 tablespoons olive oil
1 onion, chopped
3 garlic cloves, minced
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon dried thyme
1 cup carrots, sliced
1 cup celery ribs, chopped
1 cup potatoes, cubed
1 cup lentils, canned
4 cups vegetable stock
1 1/2 tablespoons tomato paste
3/4 teaspoon salt
1/2 teaspoon black pepper
4 cups kale, chopped
2 teaspoons lemon juice

Heat olive oil in a large pot over medium heat. Add onion and cook stirring until it starts to soften about 2 minutes.

Add garlic, cumin, paprika, and thyme. Cook stirring until fragrant about 30 seconds. Add carrots, celery, potatoes, and lentils. Cook stirring for 2 minutes.

Add vegetable stock, tomato paste, salt, and pepper. Bring to a boil. Stir in kale. Reduce the heat to a simmer, partially cover and cook for 20 minutes or until the vegetables are tender.

Remove from the heat and stir in lemon juice.

Serve

Per Serving (excluding unknown items): 253 Calories; 8g Fat (26.5% calories from fat); 11g Protein; 38g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 800mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 102mg Calcium; 4mg Iron; 785mg Potassium; 163mg Phosphorus. Exchanges: .