

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

SIMPLE LENTIL SOUP

MAKES 6 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 box (32 ounces) vegetable broth
- 1 cup dried lentils, any color
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 2 teaspoon fresh thyme, roughly chopped
- 1 can (28 ounces) crushed tomatoes
- 1 can (15 ounces) fire roasted diced tomatoes
- 1 bag (12 ounce) frozen sliced carrots
- 1 bag (5 ounces) baby spinach
- 1/4 grated parmesan cheese for serving

DIRECTIONS

1. In a large pot with a tight-fitting lid, heat 1 tablespoon olive oil over medium heat
2. Sauté the onion for 5-7 minutes or until tender
3. Add the broth, lentils, spices, canned and crushed tomatoes, and frozen carrots
4. Bring to a boil then reduce heat to low
5. Cover with the lid and simmer about 20 minutes or until lentils are tender
6. Add spinach and cook for about 3 more minutes until wilted
7. Serve topped with parmesan cheese

NUTRITION BREAKDOWN

CALORIES

260

CARBS

42G

PROTEIN

15G

FAT

3.5G

FIBER

15 GRAMS

You can subtract the dietary fiber from the carb count!

42g - 15g = 27g of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>