



CURRIED LENTIL SOUP

 6 portions

INGREDIENTS

- 1 tablespoon of olive oil
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 2 tbsp. fresh ginger, minced
- 1 jalapeno pepper, seeded and minced
- 1.5 tbsps of curry powder
- 1 tsp of cinnamon
- 1 whole tsp of ground cumin
- 2 bay leaves
- 1.5 cups of lentils, pink or red, raw (288 g)-rinsed
- 8 cups of reduced sodium chicken broth
- 3 tbsp. fresh cilantro, or parsley
- 2 tbsps of lemon juice
- 1 tsp of salt
- 1 tsp of black pepper
- 2 tbsp Mango Chutney
- 1/3 cups of yogurt, Greek, nonfat, plain (75 g)

COOKING METHOD

¹⁰ Description: Instructions: 1. Heat oil in a heavy stockpot over medium heat. Add onion and sauté until softened, 3 to 5 minutes. 2. Add garlic, ginger, jalapeno, curry powder, cinnamon, cumin and bay leaves and cook, stirring for about 5 minutes longer. 3. Stir in lentils and broth and bring to a boil. Reduce heat to low and simmer, partially covered, until the lentils are tender, about 45 minutes. 4. Discard bay leaves. Stir cilantro (or parsley), lemon juice and chutney. Season with salt and pepper. Ladle the soup into bowls and garnish with yogurt.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (426 g)	% DRI
ENERGY	58 kcal	249 kcal	12 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	1 mg	0 %
SODIUM	267 mg	1140 mg	47 %
CARBOHYDRATE	9 g	38 g	13 %
SUGARS	0 g	2 g	—
FIBER	2 g	7 g	28 %
PROTEIN	4 g	18 g	—