



CURRIED LENTIL SOUP

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 870/SERVING



This curried lentil soup is loaded with whole foods and plant-based protein. The powerful curry spices and coconut broth give it such a delicious flavour. Not only is it so tasty, the ingredients are loaded with health benefits!

WHAT YOU'LL NEED

- Large pot
- Blender, immersion blender, or food processor
- Oil



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Potatoes	2	4
Carrots	3	6
Lemon	1	1
Onion	1	2
Garlic	3 cloves	6 cloves
Lentils	1/2 cup	1 cup
Spice blend	1 tbsp	2 tbsp
Curry broth	2 cups	4 cups



Prep ingredients: rinse **lentils**, peel and dice **potatoes**, peel and chop **onion**, cut **carrots** into chunks, mince **garlic**, and halve and juice the **lemon**.



Heat 1 tbsp **oil** (2 tbsp for 4 servings) in a large pot over medium heat. Add **potatoes, onions, carrot, garlic, and spice blend**. Stir thoroughly to coat veggies and saute until fragrant. Add **lemon juice** and stir, scraping any caramelized bits on the bottom. Cover and cook for 8-10 minutes, stirring frequently to avoid burning.



Once **veggies** begin to soften, add **curry broth**, 4 cups of **water** (8 cups for 4 servings), and **lentils**. Bring to a boil then lower heat, cover, and simmer for 25 minutes until **veggies** are fork tender and **lentils** are cooked.



Remove from heat. Use a blender, food processor, or immersion blender to pulse **soup** until smooth and creamy, and divide between bowls.

Nutrition Facts		Valeur nutritive	
Per (675 g)			
Pour 1 (675 g)			
Calories 870		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 48 g			64 %
Saturated / saturés 36 g			180 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 95 g			
Fibre / Fibres 17 g			61 %
Sugars / Sucres 13 g			13 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 2480 mg			108 %
Potassium 2200 mg			47 %
Calcium 150 mg			12 %
Iron / Fer 12.5 mg			69 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			