



Lentil Soup

Prep Time: 20 min
Cook Time : 60 min
Serves: 4

NUTRITION FACTS, PER SERVING:

363 Calories
16.96 total grams of fat
855 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1/4 cup extra virgin olive oil**
- 1 cup diced onion
- 3/4 cup diced carrots
- 4 garlic cloves, minced
- Lentil Soup Spices (2 tsp ground cumin, 1 tsp curry powder, 1/2 tsp dried thyme)
- 1 (28 ounces) can diced tomatoes
- 1 cup lentils, rinsed and drained
- 4 cups low sodium vegetable broth
- 2 cups water**
- Salt & black pepper, to taste**
- 1/4 tsp red pepper flakes—or more for you desired heat/spice preference
- 1/2 bunch kale, tough ribs removed and leaves chopped
- 1 lemon, juiced
- 4 Ciabatta Rolls

DIRECTIONS:

1. Warm **1/4 cup olive oil** in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the **diced onions & diced carrots** and cook, stirring often, until the onion has softened, about 5 minutes. Add the **4 cloves minced garlic & Lentil Soup Spices**. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the **can of diced tomatoes** and cook for 3 minutes, stirring often. Pour in the **lentils, 4 cups vegetable broth** and **2 cups water**. Add **1/4 tsp salt and a pinch of red pepper flakes**. Season generously with freshly ground **black pepper**. Raise the heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 20 minutes, or until the lentils are tender but still hold their shape.
3. Wash **kale**, remove ribs and chop the kale leaves. Add the **chopped kale** to the soup. Cook for 5-10 minutes, or until the greens have softened to your liking.
4. OPTIONAL: Transfer **2 cups of the soup to a blender**. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. If you don't have a blender, use a potato masher and mash the 2 cups. Pour the puréed soup back into the pot. This process gives a smoother soup.
5. Remove the pot from heat and stir in the **juice of half of a lemon**. Taste and season if needed with more **salt, pepper or lemon juice**.
6. To warm the frozen **ciabatta rolls**, place in a 400 degree oven for 10 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Israeli Couscous with Roasted Butternut Squash

Prep Time: 15 min

Cook Time : 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 Calories

20.44 total grams of fat

469 mg of sodium



INGREDIENTS: ** *Items not included in kit*

- 2 TB olive oil**
- Non-stick cooking spray**
- 3 cups butternut squash, peeled and diced
- 1 TB Olive Oil**
- 1 cup red onion, diced
- 2 TB Olive Oil**
- 2 cups Israeli couscous
- 2 1/4 cups vegetable broth
- 1/2 cup raisins
- 1/2 cup sliced almonds
- 1/4 cup fresh parsley, chopped
- 1 lemon, zested
- Salt and pepper, to taste**

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Toss diced **butternut squash** in **2 TB. olive oil**, season with **salt & pepper to taste**. Coat a baking sheet with non-stick spray and roast **butternut squash** for 15 minutes, or until soft. Set aside.
3. To prepare **couscous**, bring **2 1/4 cups vegetable broth** and **2 TB olive oil** to a boil. Stir in the **couscous**, cover and simmer for 8-10 minutes, stirring occasionally. Remove from heat and fluff with a fork. Season with **salt & black pepper to taste**. Transfer cooked couscous to a large bowl.
4. In a small skillet, heat **1 TB olive oil** over medium heat and sauté the **diced red onion** until translucent, about 5 minutes, season with **salt & pepper to taste**. Set aside.
5. To the same small skillet, add the **sliced almonds** and toast over medium heat for 2 minutes. Don't leave the pan unattended, as the almonds can quickly burn.
6. To the large bowl of cooked couscous, stir in the **raisins, sautéed onions, toasted almonds, lemon zest** and **chopped fresh parsley**. Gently fold in the **roasted butternut squash**. Serve warm or cold.

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