

TURMERIC RED LENTIL SOUP

Dietary: Vegan | Servings: 4 | Preparation Time: 30 minutes



Recipe Difficulty:

INGREDIENTS

- 1 Tbsp. olive oil
- 1 ¼ cup onion, small diced (about 1 medium onion)
- 2 tsp. garlic cloves, minced
- 2 tsp. turmeric
- 4 cups vegetable stock
- 1 cup red lentils
- ½ tsp. coarse/kosher salt
- 1 pinch cayenne



Source: cookeatcompetes.com

DIRECTIONS

Heat a pot on medium heat. When hot, add olive oil and then onions and a big pinch of salt. Cook onions, stirring frequently, until soft, about 5 minutes. Mix in garlic, turmeric, and cayenne, and cook for another minute. Add stock and lentils. Bring to a simmer and let cook for 20 minutes. The lentils should be very soft and the liquid significantly reduced. Remove from heat. Taste and adjust seasonings as needed.

Enjoy soup a little chunky as is, or make it smooth: Purée the lentils with an immersion blender or a regular blender until mostly smooth. You can add a splash of water if you need to help get the soup well blended.

Serving Size: ¾ cup

Calories: 131

Fat (g): 3.5

Sat. Fat (g): 0.5

Carb (g): 25

Fiber (g): 10

Protein (g): 9

THE INSIDE SCOOP

Lentils are an excellent source of plant protein and fiber. They are inexpensive, keep forever in the pantry, and take much less time to cook than other beans.

This soup features the warm and exotic flavors of turmeric. The strong anti-oxidants in this spice may be able to reduce inflammation from training, competition, or injury.

If you like, serve this soup with a yogurt sauce, cilantro, and fresh black pepper. Make a simple yogurt sauce by mixing Greek yogurt with just enough milk to make it a thinner, pourable consistency.

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