



Lentil Soup with Roasted Peppers and Spinach

YIELD: 8 Servings

WHY THIS RECIPE WORKS

This hearty soup is full of flavor and rich with outstanding ingredients to promote good health. Lentils and spinach provide a great source of folate protein, rich in iron, and polyphenols, which can reduce heart disease. It only takes an hour to prepare and is a meal in its self!

INGREDIENTS:

- ¼ cup olive oil
- 4 or 5 shallots (depending on size) cut lengthwise and then thinly sliced
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- 1 bay leaf
- Kosher salt
- 1 teaspoon black pepper
- 1 cup green lentils
- 1 cup roasted red pepper, drained and chopped
- 1 ½ quarts of vegetable or chicken stock
- 5 ounces fresh spinach

INSTRUCTIONS:

1. Add olive oil to a saucepan over medium heat
2. When oil is hot add shallots. Salt to sweat and cook, stirring occasionally, until softened, about 5 minutes
3. Add cumin, paprika, bay leaf, and black pepper, stir for 30 seconds
4. Add stock and roasted peppers. Bring to a boil
5. Reduce heat to low, cover and cook, stirring occasionally, until the lentils are tender, about 45 minutes
6. Remove from heat, discard bay leaf
7. Add spinach and stir until wilted
8. Taste for salt & pepper

Enjoy!