

DCNS November 2025 Recipe: Lentil & Vegetable Soup

Prep Time: 20 minutes **Cooking Time:** Approx. 30 minutes **Servings:** Approx. 3 - 4

Ingredients:

- 1 small potato, raw, peeled, diced (1/2 c)
- 1 medium red bell pepper, raw, seeded, diced (1/2 c)
- 1 large carrot, raw, peeled diced (1/2 c)
- 1 medium white onion, raw, peeled, diced (1/2 c)
- 1 medium stalk celery, raw, diced (1/2 c)
- 1 cup dry lentils soaked over-night in 2 c vegetable broth
- 2 tbsp red salsa (any brand)
- 3 cloves fresh garlic (minced)
- 2 tbsp. Olive oil

Seasonings:

- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 tsp thyme, dried
- 1/8 tsp Braggs Liquid Aminos (or 2 drops)

Instructions:

Cook -

1. Place diced potatoes and carrots into a microwave-safe container with 1 cup of water and heat on high until softened. (approx. 2-3 minutes) Set aside for later.
2. Place oil into a 4-quart soup pot and when oil is hot, add the garlic, bell pepper, onions, celery and stir on medium heat until onions are translucent. (approx. 3 minutes)
3. Add lentils, softened carrots and potatoes, and seasonings, stirring all ingredients occasionally on medium heat.
4. Cook until lentils reach desired softness. (approx. 10 – 15 minutes).

Nutrition Facts: Carbohydrates 23.3g | Sugar 0.7g | Fats 3.8g | Protein 6.8g | Calories 151 Kcal | Sodium 432.6 mg

*Serving Suggestions: Serve soup over rice or eat soup with a side of hearty bread.

