

# Lentil and Vegetable Soup

## INGREDIENTS

- 1 cup dried lentils, rinsed and drained
- 1 cup frozen mixed vegetables
- 15 oz garbanzo beans, cooked
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 onion, chopped
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon black pepper (or to taste)
- 1 teaspoon cumin
- 1 teaspoon paprika
- 2 tablespoons olive oil
- Chopped fresh parsley or cilantro for garnish (optional)

SERVINGS: 4-6

TIME: 30 MIN



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## PROCEDURE

1. Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic. Cook, stirring occasionally, until onion is translucent and garlic is fragrant, about 3-4 minutes.
2. Add rinsed lentils, frozen mixed vegetables, garbanzo beans, and diced tomatoes with their juices to the pot.
3. Pour in vegetable broth and stir to combine. Bring the soup to a boil, then reduce heat to low. Cover and simmer for about 20-25 minutes, or until lentils are tender.
4. Season the soup with salt, black pepper, cumin, and paprika, adjusting to taste.
5. Once the lentils are cooked and the vegetables are tender, remove the pot from the heat.
6. Ladle the soup into bowls and garnish with chopped fresh parsley or cilantro, if desired.



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