

# One-pot Lentil and Vegetable Soup

TIME: 40 MINS SERVINGS: 6

## INGREDIENTS

- 2 tbsp olive oil
- 2 cups fresh or frozen chopped onion, carrot and celery mix
- 4 cloves garlic, minced
- 4 cups low sodium vegetable or chicken broth
- 1 1/2 cups lentils
- 1 can unsalted diced tomatoes
- 1/2 tsp salt, 1/2 tsp pepper, 1/2 tsp crushed red pepper
- 1/2 cup grated parmesan
- 3 cups kale, chopped
- 1 1/2 tbsp balsamic vinegar



Adapted from: [eatingwell.com]



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# One-pot Lentil and Vegetable Soup

## PROCEDURE

1. Heat oil in large pot over medium heat. Add onion, carrot and celery mix; cook, stirring, occasionally, until softened. Add garlic; cook, stirring often until fragrant.
2. Stir in broth, lentils, tomatoes with juice, spices. Bring to a boil over medium high heat. Reduce heat to medium-low; cover and cook, stirring occasionally, until the lentils are almost tender adding water as needed to thin to desired consistency
3. Stir in kale. Cook, covered until kale is tender. Stir in vinegar. Divide the soup among 6 bowls; sprinkle with parmesan. Garnish with parsley , if desired.

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