

Lunch | Dinner

# Curried Lentil Soup

**15 Mins**  
Prep Time

**15 Mins**  
Cook Time

**6**  
Servings

**240** Calories   **10g** Fat   **28g** Carbs   **11g** Protein



## Ingredients

**6** Servings   **30 Mins** Total Time   Allergens: None

- 1/4 Cup** Extra Virgin Olive Oil
- 1** Medium Onion, chopped
- 2** Carrots, peeled and chopped
- 2 Tsp** Garlic, minced
- 2 Tsp** Ground Cumin
- 1 Tsp** Curry Powder
- 1/2 Tsp** Dried Thyme
- 1** Large Can (28 oz) Diced Tomatoes
- 4 Cups** Chicken Stock
- 1 Pinch** Red Pepper Flakes
- 2 Cups** Cooked Lentils
- 1 Bunch** Lacinato Kale, ribs removed and chopped
- 1** Lemon, juiced
- Salt and Pepper, to taste

### Nourishment Note!

#### **Lentils**



Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate, and iron. A half cup of cooked lentils has about 8 grams of fiber. Fiber is very helpful for preventing constipation, a common side effect associated with MS. Fiber is also beneficial for improving gut health.

#### **Kale**



Kale is one of the most nutrient dense foods in the world. It is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains several types of antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with multiple sclerosis.

## Instructions

### 1. Cook Over Medium Heat

In a large stockpot, heat the olive oil over medium-high heat. Add the carrots and onions and cook until softened, about 5 minutes. Stir in the garlic, cumin, curry and thyme. Once fragrant, add the diced tomatoes.

### 2. Add Broth & Seasoning

Pour in the broth and season with red pepper flakes and salt and pepper, to taste. Add the cooked lentils and mix well.

### 3. Puree Ingredients

Remove two cups of soup from the stockpot and puree in a blender or with an immersion blender. Return pureed soup to the pot and raise temperature of burner to heat soup throughout.

### 4. Prepare Kale

Once heated, add the kale and allow to wilt, about 3-4 minutes.

### 5. Serve & Enjoy

Remove the soup from the heat and squeeze in lemon juice. Adjust seasonings accordingly and serve immediately.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Large Stockpot



Measuring Cups



Measuring Spoons



Knife



Cutting Board



Vegetable Peeler



Can Opener



Blender/Immersion Blender

### Fatigue Buster

- Purchase shredded carrots instead of peeling and cutting carrots.
- Purchase bagged, chopped kale.
- Purchase pre-squeezed lemon juice; 1 lemon equals approximately  $\frac{1}{4}$  cup lemon juice.