

Lunch | Dinner

Curried Lentil Soup

Side Effect: Trouble Swallowing

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

¼ Cup Extra Virgin Olive Oil

1 Medium Onion, chopped

2 Carrots, washed, peeled and chopped

2 Tsp Garlic, minced

2 Tsp Ground Cumin

1 Tsp Curry Powder

½ Tsp Dried Thyme

1 Large Can (28 oz) Diced Tomatoes

4 Cups Chicken Stock

2 Cups Cooked Lentils

1 Lemon, washed and juiced

Salt and Pepper, to taste

Nourishment Note



Soaps

Soaps are an excellent choice for those with swallowing issues, as they can be thickened or thinned based on individual needs.



Cumin

Cumin may help to aid digest as well as act as an antimicrobial. Some studies have found that cumin may help to slow the growth of certain types of tumors.



Lentils

Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate, and iron.

Instructions

1. Wash Hands

Wash hands before beginning recipe.

2. 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.

3. Add Broth & Seasoning

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

4. Puree Ingredients

Remove two cups of soup (or more if desired) 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.

5. Serve & Enjoy

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

6. Wash Dishes

Remember to wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

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 pre-squeezed lemon juice; 1 lemon equals approximately ¼ cup lemon juice.
- If you can't find cooked lentils, simmer the soup until the lentils are tender, about 15-20 additional minutes.
- Freeze soup in an airtight container for up to 3 months.