

# Veggie Lentil Soup

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1/2 Yellow Onion (chopped)  
3 Carrot (chopped)  
4 stalks Celery (chopped)  
1 cup Portobello Mushroom (sliced)  
1 1/2 cups Broccoli (cut into bite sized pieces)  
4 cups Organic Vegetable Broth  
1/2 tsp Garlic Powder (or to taste)  
1/2 Sea Salt & Black Pepper (to taste)  
1 tbsp Dried Parsley (to taste)  
1 cup Dry Lentils

## NUTRITION

### AMOUNT PER SERVING

Calories	293	Sodium	738mg
Fat	8g	Vitamin A	8588IU
Saturated	1g	Vitamin C	38mg
Carbs	44g	Calcium	82mg
Fiber	9g	Iron	4mg
Sugar	7g	Vitamin K	66µg
Protein	15g	Magnesium	48mg

## DIRECTIONS

- 01 In a large pot, over medium/high heat, add oil, onion, carrots, celery and mushrooms.
- 02 Cook for 5-7 minutes or until veggies start to soften.
- 03 Add broth and seasonings and bring to a low boil.
- 04 Add lentils and stir well.
- 05 Turn heat to low/medium and allow to cook 20-30 minutes, or until lentils are soft.
- 06 Add broccoli, let cook until broccoli is bright green. About 3-5 minutes.
- 07 Serve while hot!
- 08 Enjoy!

## NOTES

### NO VEGETABLE BROTH

You can use chicken or bone broth.

### NO DRY LENTILS

You can use prepared lentils.

### MORE FLAVOR

You can use other herbs of choice and bay leaves.

### TOPPINGS

You can top with shredded cheese.

### MUSHROOMS

You can use shitake, button or a combo of all.

### LEFTOVERS

Can be stored in refrigerator in an air-tight container for about a week.