



Lemon Dill Lentil Soup

Yield: 4 servings

Ingredients

- 3 cups diced onion
- 2½ cups vegetable stock
- 2 cups diced potato*
- 1 cup diced carrot*
- ½ cup red lentils
- 2 teaspoons minced garlic clove
- 1 bay leaf
- ½ teaspoon ground cumin
- ¼ teaspoon ground black pepper
- 2 cups chopped baby spinach
- ¼ cup lemon juice
- 2 tablespoons chopped fresh dill
- ¼ teaspoon salt (optional)
- *Leave peel on

Instructions

1. In a medium sauce pan, over high heat, add onion, stock, potato, carrot, lentils, garlic, bay leaf, cumin and black pepper. Cover and bring to a simmer.
2. Reduce heat and cook for 20 minutes until lentils are very soft and mushy.
3. Stir in remaining ingredients and serve.



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X23044 FY20.11.33.D-3 © Spectrum Health 09.2019

Nutrition Information **Serving Size: 1½ cups**

Calories: 232 | Total Fat: 1 g | Saturated Fat: 0.2 g | Monounsaturated Fat: 0.2 g | Polyunsaturated Fat: 0.4 g
Sodium: 597 mg | Total Carbohydrate: 48 g | Dietary Fiber: 7.4 g | Sugars: 8.4 g | Protein: 9.7 g

Source: Recipe adapted from Megan at These Things I Love