



# Laguna Beach Apricot Lentil Soup

**Yield: 10 servings**

## Ingredients

2 cups minced onion  
1½ cups diced dried apricots  
1½ teaspoons minced garlic cloves  
2 teaspoons cumin  
2 teaspoons mustard powder  
½ teaspoon sea salt  
¼ teaspoon ground black pepper  
10 cups vegetable stock  
2 cups dried brown lentils  
2 tablespoons maple syrup  
4 tablespoons balsamic vinegar

## Instructions

1. In a medium pot, over medium heat, add 2 tablespoons of water and onion. Sauté for 3 minutes.
2. Add the apricots, garlic, cumin, mustard powder, salt, and black pepper. Sauté for 1 minute.
3. Add vegetable stock, lentils and maple syrup. Cover and simmer for 20 minutes.
4. Once lentils are softened, stir in the balsamic vinegar.

## Nutrition Information

**Serving Size:** 1 Serving  
Calories: 230  
Total Fat: 0.8 g  
Saturated Fat: 0.1 g  
Monounsaturated Fat: 0.2 g  
Polyunsaturated Fat: 0.3 g  
Protein: 10.7 g  
Carbohydrate: 47.8 g  
Sugars: 16 g  
Dietary Fiber: 6.2 g  
Sodium: 169 mg

Source: Adapted from VonDoxtater, M. Surfer  
Mick's Beach to Table. City, ST: Publisher, 2016.



Presented by  
**Culinary Medicine**

Contact Us: [spectrumhealth.org/culinarymedicine](https://spectrumhealth.org/culinarymedicine)

X21370 (X21408 no punch) © Spectrum Health 09.2020

