

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



#### **Soups**

Soups 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 with soap and water.

### 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. Store

Soup can be stored in an airtight container in the refrigerator for up to three days.

### 7. Wash Hands

Wash hands with soap and water.

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.