

Lunch | Dinner

Curried Lentil Soup

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, 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

1 Pinch Red Pepper Flakes

2 Cups Cooked Lentils 

1 Bunch Lacinato Kale, ribs removed and chopped 

1 Lemon, juiced

Salt and Pepper, to taste

Nourishment Note!

Lentils



Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate, and iron. A half cup of cooked lentils has about 8 grams of fiber. Fiber is very helpful for preventing constipation, a common side effect associated with MS. Fiber is also beneficial for improving gut health.

Kale



Kale is one of the most nutrient dense foods in the world. It is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains several types of antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with multiple sclerosis.

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 red pepper flakes and salt and pepper, to taste. Add the cooked lentils and mix well.

4. Puree Ingredients

Remove two cups of soup 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. Prepare Kale

Once heated, add the kale and allow to wilt, about 3-4 minutes.

6. Serve & Enjoy

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

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 bagged, chopped kale.
- Purchase pre-squeezed lemon juice; 1 lemon equals approximately $\frac{1}{4}$ cup lemon juice.