

Lunch | Dinner

Winter Vegetable Soup

10-15 Mins
Prep Time

30-40 Mins
Cook Time

8
Servings

 **170 Calories** **5g Fat** **22g Carbs** **6g Protein**

Ingredients

 **8 Servings**  **40-45 Mins Total Time**

 **Allergens: Gluten, Soy**

2 Tbsp Extra Virgin Olive Oil

1 Yellow Onion, diced

1 (14 oz Can) Sliced Carrots, drained and **rinsed** 

2 (14 oz Can) Diced Potatoes, drained and **rinsed** 

4 Stalks Celery, chopped

1 Cup Brown Lentils 

1 Tsp Dried Rosemary 

½ Tsp Dried Thyme

2 Tbsp Dijon Mustard

1 ½ Tbsp Soy Sauce

1 Tbsp Brown Sugar

6 Cups Vegetable Broth*

1 Bay Leaf

1 Cup Frozen Peas 

*We used 6 cups water mixed with 6 tsp vegetable bouillon



Nourishment Note



Lentils

Lentils, a member of the bean family, are an excellent source of plant-based protein. They also contain a variety of nutrients that may help decrease inflammation associated with lupus.



Potatoes

Potatoes often get a bad rap; however, this vegetable provides a variety of health benefits. Potatoes may help lower cholesterol levels, reduce the risk of heart disease and promote healthy eyes, skin and bones.



Carrots

Orange-colored vegetables, such as carrots, contain carotenoids. Carotenoids are nutritional compounds that may help decrease cell damage that can occur as a result of lupus.



Peas

Green vegetables, such as peas, may provide a variety of nutrients including, reducing the risk of certain types of cancer, promoting eye health and protecting the immune system.



Rosemary

Rosemary is a flavorful herb that may help promote better digestion, as well as promote healthy blood circulation and immune function.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté Onion

To a large pot, add the olive oil. Turn to medium-high heat. Once oil begins to sizzle, add the onion and sauté for about 3-4 minutes, or until the onion is translucent.

3. Add Celery & Carrots to Pot

If the celery isn't already chopped, chop while the onion is cooking then add it to the pot. Add the carrots to the pot and stir to combine.

4. Add Remaining Ingredients

Add the potatoes, lentils, rosemary, thyme, Dijon mustard, soy sauce, brown sugar, vegetable broth and bay leaf. Stir the ingredients to combine.

5. Bring to a Boil

Place a lid on the pot and bring to a boil. Once boiling, reduce heat to medium-low and simmer for 30 minutes, stirring occasionally.

6. Add Peas & Blend

During the last 5 minutes of cooking, add the peas. If an immersion blender is available, blend half of the soup to make it thick and stew-like. A fork can also be used to mash part of the potatoes for a creamy texture, or the mixture can be left as-is for more of a soup-like consistency.

7. Add Salt & Enjoy

Add additional salt if necessary.

8. Wash Hands

Wash hands with soap and water.

Allergen Swap

Gluten Replace the soy sauce with a gluten-free version.

Soy Replace the soy sauce with a soy-free version.

Recipe adapted from budgetbytes.com

What You'll Need



Can Opener



Colander



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Large Pot with Lid



Wooden Spoon



Ladle



Immersion Blender (optional)

- This soup makes a great freezer-friendly meal. Allow soup to cool then transfer to individual freezer-safe containers. Enjoy on days when energy levels are low.
- Using canned carrots and potatoes in this recipe helps to reduce some of the prep work. To make opening cans easier, try using an automatic can opener.
- If feeling especially fatigued, try sitting on stool while chopping and measuring ingredients, or ask for a family member or friend to help prepare this recipe.