

Lentil Spinach Soup

Hands-on - 10 min. Simmer - 50 min.

Serves 6

If lentils aren't a favorite of yours yet, just give them time, they will be! I love this refreshing, easy-to-make soup any time of the year, including summer. It keeps in the refrigerator for up to 5 days and also freezes well.

Menu

Lentil Spinach Soup
Cornbread (page 281),
Crackers or Popcorn
Tossed Salad
Applesauce

2 onions
2 carrots

Chop into bite-size pieces.

1 T olive oil
1/2 tsp minced garlic (1 clove)

Sauté with vegetables in a medium soup pot for 2 minutes.

4 cups water
1 1/4 cups dried lentils (1/2 pound), rinsed and picked over for stones
1 can (14 1/2 oz) diced tomatoes, no salt added

Add water and lentils to pot. Cover and bring to a boil, then simmer for 45 minutes. (Feel free to make some *Cornbread* and a salad now!)

1 pkg (10 oz) frozen spinach

Meanwhile, take out of freezer to begin thawing. Add to the soup after the 45-minute simmer.

1 T lemon juice
1 tsp grated lemon peel or 2 tsp red wine vinegar (opt)
1 tsp salt (opt)

Add to soup and simmer 5 minutes longer.
Serve with *Cornbread*, crackers or popcorn, salad and applesauce.



Nutrition information for about 1 1/2 cups (including optional salt)

Calories	215	Fat	3 g	Fiber	9.5 g	Sodium	508 mg	Total Carbohydrate	35 g
Calories from Fat	11%	Saturated Fat	<1 g	Cholesterol	0 mg	Protein	14 g	Sugars	10 g