



@KICKCRAMPSASS

# TUSCAN LENTIL SOUP

SERVES 4: 8 OZ

## INGREDIENTS

- 3/4 CUP OF DICED MUSHROOMS OR PROTEIN OF YOUR CHOICE, DICED
- 1/2 CUP SWEET POTATOES, DICED
- 1 TABLESPOON OF GARLIC, MINCED
- 1/4 CUP TOMATOES, DICED
- 1/4 CUP CARROTS, DICED
- 1/4 CUP ONIONS, DICED
- 1/4 CUP CELERY, DICED
- 1/4 CUP RED LENTILS
- 4-6 CUPS VEGETABLE STOCK
- 1/2 TABLESPOON TOMATO PASTE
- 1/2 TABLESPOON LEMON JUICE
- 1/2 TABLESPOON THYME
- 1/2 TABLESPOON TURMERIC
- 1/2 TABLESPOON CUMIN
- 1/2 TABLESPOON CURRY
- 1/2 TABLESPOON GINGER
- 1/2 TABLESPOON BLACK PEPPER
- 1 1/2 TABLESPOON GARLIC POWDER
- 1 1/2 TABLESPOONS ONION POWDER
- 1/2 CUP WATER (FOR COOKING)

## NUTRITION FACTS

- CALORIES: 107
- TOTAL FAT: 0.83G
- SATURATED FAT: 0.15G
- SODIUM: 571MG
- POTASSIUM: 394MG
- TOTAL CARBOHYDRATES: 21.69G
- DIETARY FIBER: 4.1G
- SUGARS: 3.98G
- PROTEIN: 5.39G
- VITAMIN A: 1987IU
- MAGNESIUM: 32MG
- PHOSPHOROUS: 103MG
- VITAMIN C: 6.6MG
- CALCIUM: 56MG
- IRON: 2.94MG
- VITAMIN K: 19.6UG
- ZINC: 0.99MG
- VITAMIN E: 0.69MG

## PROCEDURE

- 01** HEAT WATER IN A MEDIUM SIZED POT OVER MEDIUM HEAT. ADD ONIONS, CELERY, GARLIC, AND HALF OF THE SPICES. COOK 3-5 MINUTES.
- 02** ADD MUSHROOMS THEN SAUTE 3 MORE MINUTES.
- 03** ADD LENTILS AND SWEET POTATOES. COOK 3-5 MINUTES. ADD TOMATO PASTE AND MIX THOROUGHLY. COOK AN ADDITIONAL 2-3 MINUTES.
- 04** DEGLAZE THE PAN WITH 1/4 CUP STOCK. COOK FOR 2 MINUTES.
- 05** ADD 4 CUPS OF STOCK AND BRING TO A BOIL. THEN BRING TO A SIMMER. ADD THE LEMON JUICE AND DICED TOMATOES.
- 06** SIMMER ON LOW FOR 25-30 MINUTES.
- 07** CHECK TO SEE IF SWEET POTATOES AND LENTILS ARE SOFT. YOU MAY NEED TO ADD MORE VEGETABLE STOCK AND SIMMER LONGER.
- 08** ENJOY!