

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,
Crackers or Popcorn
Tossed Salad
Applesauce

2	onions	Chop into bite-size pieces.
2	carrots	

1 T	olive oil	Sauté with vegetables in a medium soup pot for 2 minutes.
1/2 tsp	minced garlic (1 clove)	

4 cups	water	Add water and lentils to pot. Cover and bring to a boil, then simmer for 45 minutes. (Feel free to make some <i>Cornbread</i> and a salad now!)
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	

1 pkg	(10 oz) frozen spinach	<i>Meanwhile</i> , take out of freezer to begin thawing. Add to the soup after the 45-minute simmer.
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1 T	lemon juice	Add to soup and simmer 5 minutes longer.
1 tsp	grated lemon peel or 2 tsp red wine vinegar (opt)	Serve with <i>Cornbread</i> , crackers or popcorn, salad and applesauce.
1 tsp	salt (opt)	



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

Soups

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