

Lentils and Greens - Vegan - SOS

Prep Time: 10 minutes
Cook Time: 35 minutes
Total Time: 45 minutes

Serving Size: 6
Calories per serving: 91
Fat per serving: 0 grams

Ingredients

- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 large onion, sliced
- 1 teaspoon grated fresh ginger
- 3 cloves garlic, crushed
- 1 tablespoon curry powder
- 2 1/2 cups water
- 1 cup lentils, uncooked
- 2 pounds fresh greens (Swiss chard or spinach)
- Black pepper, to taste
- 1 tablespoon lemon juice
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Instructions

1. In a soup pan, sauté onion, ginger, and garlic in vegetable broth over medium-high heat until the onion is translucent.
2. Add the curry powder and cook for 1 minute more.
3. Add water and lentils and cook over medium-high heat until lentils are done, about 30 minutes. Once lentils are tender, add greens and lemon juice.
4. Season with pepper.

Notes

'The China Study Cookbook', by Leanne Campbell, p 230.

Nutrition facts (per serving): Calories: 91, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 60mg, total carbohydrate: 14g, fiber: 6g, sugar: 0g, protein: 1g.