

# Lentil Soup – Vegan

Prep Time: 10 minutes  
Cook Time: 45 minutes  
Total Time: 55 minutes

Serving Size: 6  
Calories per serving: 89  
Fat per serving: 0

*'The China Study Cookbook', by Leanne Campbell. p-128.*

## Ingredients

- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, sliced
- 2 stalks celery, chopped
- 1 tablespoon curry powder
- 4 1/2 cups vegetable broth, Trader Joe's Low Sodium, divided
- 1 cup brown lentils, rinsed
- 1 cup scallions, chopped
- 1 teaspoon lemon juice
- 1 tablespoon nutritional yeast
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
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## Instructions

1. In a large soup pot, sauté onion, garlic, carrot, and celery in 1/2 cup vegetable broth over medium-high heat, until vegetable are soft. Add curry powder and cook for 1 minute.
2. Add remaining vegetable broth, lentils, scallions, lemon juice, nutritional yeast, black pepper, and red pepper flakes.
3. Bring to a boil, then cover and turn heat low to a slow simmer, stirring occasionally, until lentils are tender, about 45 minutes.

## Notes

Nutrition facts (per serving): Calories: 89, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 208mg, total carbohydrate: 21g, fiber: 8g, sugar: 2g, protein: 2g.