

Moroccan Red Lentil Soup - Vegan

Prep Time: 10 minutes
Cook Time: 1 hour
Total Time: 1 hour, 10 minutes

Serving Size: 6
Calories per serving: 184
Fat per serving: 1 gram

www.DrMcdougall.com

Ingredients

- 1 onion, chopped
- 4 ribs celery, chopped
- 6 cups vegetable broth
- 1 1/2 cups chopped tomatoes
- 1 cup dried red lentils
- 1 can (15-ounce) chickpeas, drained and rinsed
- 1 bay leaf
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon coriander
- 1/3 cup orzo
- 1/2 cup chopped cilantro
- 2 tablespoons fresh lemon juice
-

Instructions

1. Pour 1/2 cup of water into a large soup pot along with the onion and celery.
2. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
3. Add the broth, tomatoes, lentils, chickpeas, bay leaf, cinnamon, ginger, turmeric, coriander, and black pepper. Bring to a boil, reduce the heat to a simmer, then cover and simmer until the lentils are tender, about 45 minutes.
4. Stir in the orzo, cilantro, and lemon juice. Cook 10 minutes longer, until the orzo is al dente. Serve hot.

Notes

Nutrition facts (per serving): Calories: 184, from fat: 2, total fat: 1g, cholesterol: 0mg, sodium: 268mg, total carbohydrate: 39g, fiber: 12g, sugar: 5g, protein: 6g.