



Lentil and Roasted Garlic Soup with Seared Steak

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup green lentils french
- ☐ 1.5 pound flank steak
- ☐ 6 servings parsley fresh chopped
- ☐ 2 tablespoons rosemary leaves fresh
- ☐ 1 tablespoon sage fresh chopped
- ☐ 10 garlic cloves peeled halved
- ☐ 12 ounces kale thinly sliced

- ☐ 1 medium leek white green thinly sliced (and parts only)
- ☐ 0.8 cup olive oil
- ☐ 6 tablespoons parmesan cheese grated
- ☐ 0.3 cup lentils red
- ☐ 3 tablespoons soya sauce
- ☐ 7 cups vegetable broth ()
- ☐ 3 cups water
- ☐ 1.3 pounds yams peeled cut into 1/2-inch cubes (red-skinned sweet potatoes)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ cutting board

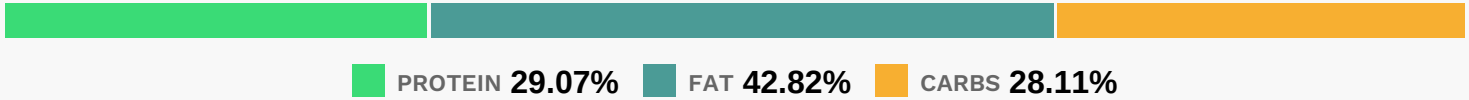
Directions

- ☐ Place oil, garlic, and rosemary in heavy small saucepan. Cook over lowest possible heat until garlic begins to brown, about 1 1/2 hours. Cool.
- ☐ Drain, reserving garlic oil and garlic cloves separately. Discard rosemary. Can be made 2 days ahead. Cover garlic oil and garlic cloves separately and chill.
- ☐ Place 3 cups water and green lentils in small saucepan. Bring to boil. Reduce heat to medium and simmer 25 minutes. Cool lentils; drain.
- ☐ Meanwhile, heat 1/4 cup garlic oil in heavy large pot over medium heat.
- ☐ Add leek and sage. Cook until leek is soft, stirring frequently, about 10 minutes.
- ☐ Add 7 cups vegetable broth, soy sauce, red lentils, and green lentils to pot. Bring to boil. Reduce heat to medium, cover, and simmer until lentils are almost tender, about 15 minutes.
- ☐ Add yams and garlic cloves and cook until yams are tender, adding more broth by 1/2 cupfuls as needed to cover vegetables, about 10 minutes.
- ☐ Add kale to soup. Simmer until kale is wilted, about 5 minutes. Season with salt and pepper.

- ☐
- Meanwhile, heat 1 tablespoon garlic oil in heavy large skillet over high heat.

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Nutrition Facts



Properties

Glycemic Index:33.87, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:43.267825994803%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 615.22kcal (30.76%), Fat: 29.17g (44.88%), Saturated Fat: 11.17g (69.83%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 32.06g (11.66%), Sugar: 9.75g (10.83%), Cholesterol: 114.91mg (38.3%), Sodium: 1824.79mg (79.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.57g (89.14%), Vitamin A: 19412.04IU (388.24%), Copper: 3.5mg (174.8%), Vitamin K: 81.55µg (77.67%), Vitamin B6: 1.42mg (70.82%), Selenium: 47.97µg (68.53%), Vitamin B3: 11.75mg (58.75%), Zinc: 8.36mg (55.75%), Manganese: 1.11mg (55.56%), Phosphorus: 513.49mg (51.35%), Fiber: 11.03g (44.11%), Folate: 153.05µg (38.26%), Potassium: 1289.54mg (36.84%), Vitamin C: 28.36mg (34.38%), Iron: 6.16mg (34.23%), Vitamin B12: 1.98µg (32.97%), Vitamin B1: 0.46mg (30.84%), Vitamin B2: 0.45mg (26.25%), Magnesium: 105.01mg (26.25%), Vitamin B5: 2.17mg (21.75%), Calcium: 160.15mg (16.01%), Vitamin E: 2.09mg (13.92%)