



Lentil Soup with Mustard Oil and Tomato-Chive Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small carrots chopped
- ☐ 2 large celery stalks chopped
- ☐ 0.3 cup chives chopped
- ☐ 1.5 teaspoons cumin seeds
- ☐ 1 small chilies dried (such as chili de árbol*)
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 garlic clove chopped

- ☐ 0.3 teaspoon turmeric
- ☐ 2 tablespoons mustard seeds
- ☐ 1 cup onion chopped
- ☐ 7 large plum tomatoes coarsely chopped finely chopped
- ☐ 1.5 cups lentils red
- ☐ 5 cups vegetable stock canned
- ☐ 3 tablespoons vegetable oil
- ☐ 1.5 teaspoons coriander seeds whole

Equipment

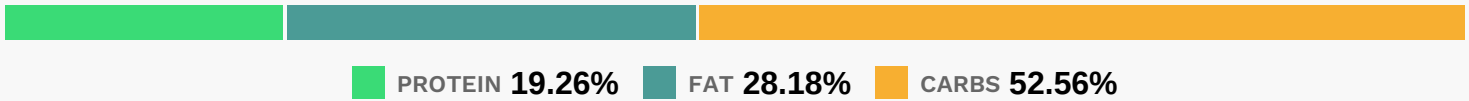
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat 1 tablespoon oil in heavy large pot over medium heat.
- ☐ Add next 9 ingredients; sauté until vegetables begin to brown, about 12 minutes.
- ☐ Add 4 coarsely chopped tomatoes and turmeric; stir 2 minutes.
- ☐ Add broth and lentils; bring to boil. Reduce heat to medium-low; cover and simmer until lentils are very tender, about 45 minutes. Season with salt and pepper. Puree soup in batches in blender. Return to pot. (Can be made 2 days ahead. Chill until cold, then cover and keep chilled. Rewarm soup before continuing.)
- ☐ Mix 3 finely chopped tomatoes and chives in bowl.
- ☐ Heat 2 tablespoons oil in heavy medium saucepan over medium-high heat.
- ☐ Add mustard seeds; cook until seeds darken and begin to pop, about 2 minutes.
- ☐ Pour into small bowl.
- ☐ Ladle soup into bowls. Top with mustard oil and tomato-chive mixture.

- ☐
- *Available at Latin American markets and some specialty foods stores.
- ☐
- **Available at Indian markets and some supermarkets. If unavailable, use green lentils and simmer about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:52.24, Glycemic Load:6.11, Inflammation Score:-10, Nutrition Score:22.089999965999%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 281.69kcal (14.08%), Fat: 9.04g (13.91%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 21.81g (7.93%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 799.52mg (34.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Fiber: 16.15g (64.61%), Folate: 242.09µg (60.52%), Vitamin A: 2562.28IU (51.25%), Manganese: 0.88mg (43.97%), Vitamin B1: 0.48mg (31.72%), Phosphorus: 269.75mg (26.98%), Vitamin K: 27.14µg (25.85%), Iron: 4.52mg (25.13%), Magnesium: 85.64mg (21.41%), Potassium: 731.67mg (20.9%), Vitamin C: 16.51mg (20.01%), Vitamin B6: 0.38mg (19.08%), Zinc: 2.64mg (17.63%), Selenium: 11.85µg (16.92%), Copper: 0.33mg (16.68%), Vitamin B5: 1.13mg (11.32%), Vitamin B3: 1.97mg (9.84%), Vitamin E: 1.45mg (9.65%), Vitamin B2: 0.14mg (8.2%), Calcium: 64.03mg (6.4%)