



Ridiculously Easy Lentil Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



8

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon basil
- 3 bay leaves
- 14.5 ounce canned tomatoes crushed for best flavor canned (use fire-roasted)
- 400 g green lentils rinsed
- 4 garlic clove chopped
- 400 g mirepoix (see note above)
- 1 teaspoon oregano
- 8 servings pepper freshly ground to taste

- 2 teaspoons red wine vinegar
- 0.5 teaspoon rosemary crushed
- 0.1 teaspoon salt smoked (or other salt)
- 8 servings salt to taste
- 8 servings penzey's southwest seasoning to taste
- 2 servings vegetable cube gluten-free (I used one large Not-Beef Broth Cube, which is)
- 1600 ml water
- 220 g yukon gold potatoes cubed

Equipment

- pot
- pressure cooker

Directions

- Place lentils, water, and next 7 ingredients into pressure cooker or large pot. For pressure cooking, seal the cooker and bring to high pressure. Cook under pressure for 10 minutes.
- Remove from heat and allow pressure to come down for 5 minutes. Then, release any remaining pressure and return to very low heat.
- Add tomatoes, pepper, and both salts, and taste to check seasonings. If necessary, add more to taste (I added more oregano and garlic). Cook uncovered for at least 15 minutes, adding more water if it seems too thick, and stirring from the bottom often. Stir in vinegar just before serving. For regular cooking, bring to a boil, stir well, cover pot, and cook over low heat until lentils are tender, about an hour. (
- Add additional water if it begins to dry out.)
- Add tomatoes, pepper, and both salts, and taste to check seasonings. If necessary, add more to taste (I added more oregano and garlic). Cook uncovered for at least 15 minutes, adding more water if it seems too thick, and stirring from the bottom often. Stir in vinegar just before serving.

Nutrition Facts



■ PROTEIN 24.29% ■ FAT 3.12% ■ CARBS 72.59%

Properties

Glycemic Index:44.79, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:20.297391362812%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 235.14kcal (11.76%), Fat: 0.83g (1.28%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 24.88g (9.05%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 380.8mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.07%), Fiber: 18.55g (74.19%), Folate: 253.7µg (63.42%), Manganese: 0.91mg (45.29%), Vitamin B1: 0.5mg (33.49%), Iron: 5.17mg (28.74%), Phosphorus: 262.07mg (26.21%), Vitamin B6: 0.46mg (23.05%), Potassium: 767.75mg (21.94%), Copper: 0.43mg (21.48%), Magnesium: 83.65mg (20.91%), Vitamin C: 14.87mg (18.03%), Zinc: 2.68mg (17.89%), Vitamin B5: 1.32mg (13.16%), Vitamin K: 13.76µg (13.1%), Vitamin B3: 2.29mg (11.45%), Vitamin B2: 0.15mg (8.8%), Calcium: 79.52mg (7.95%), Vitamin E: 1.12mg (7.47%), Selenium: 4.82µg (6.88%), Vitamin A: 169.64IU (3.39%)