



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Lentil Soup

Serves 6

Ingredients:

2 TBSP olive oil
1 onion (white or yellow, chopped)
2 garlic cloves (minced)
2 large carrots (chopped, ~2 cups)
2 celery ribs (chopped, ~ 2 cups)
1 cup white mushrooms (chopped)
1 cup baby kale (packed, chopped)
2 cups dried lentils (green or brown, rinsed and drained)
14 oz crushed tomatoes
8 cups vegetable or chicken broth
½ tsp cumin
½ tsp coriander powder
1 ½ tsp paprika powder
2 dried bay leaves
½ tsp salt
½ tsp ground black pepper
Optional: chopped fresh parsley (for garnish) and 1 slice of 100% whole grain toast on the side.



Directions:

1. Heat oil in a large pot over medium heat. Add garlic and onions, cook for 2 minutes.
2. Add celery and carrots. Cook for 7-10 minutes or until softened.
3. Add all remaining ingredients and stir.
4. Increase heat and bring to a simmer. Place lid on and turn heat down to medium low. Simmer for 30-35 minutes or until lentils are soft.
5. Optional: garnish with parsley and serve warm with a slice of 100% whole grain toast.

Nutrition Tips:

1. Lentils are a great source of potassium, calcium, zinc, niacin, and vitamin K. They are also rich in fiber, folate and iron. For a plant-based source of protein (18 grams of protein per 1 cup cooked lentils), add lentils to a soup or chili recipe.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.