

## Vegan Lentil Soup

Serves 6

*(Flavor improves if allowed to sit overnight)*

- 28 g extra-virgin olive oil (2 T)
- 150 g yellow onion, finely chopped
- 12 g garlic, minced (about 1 T)
- 2 tsp ground turmeric
- 1 tsp ground ginger
- ½ tsp ground cumin
- 960 g vegetable broth (see Stock Strength & Sodium Note)
- 190 g dry brown lentils, rinsed
- 240 g canned chickpeas, drained and rinsed
- 4.5 g salt + MSG blend (¾ tsp total)
- 100 g fresh spinach, chopped **OR** 100 g frozen spinach, thawed and well squeezed
- 130 g frozen green beans
- 1 T / 15 g fresh lemon juice
- ½–1 tsp crushed red pepper (to taste)
- Fresh cilantro, for garnish (optional)



### INSTRUCTIONS

1. Heat **olive oil** in a medium soup pot over **medium heat**.
2. Add **onion** and cook, stirring occasionally, until softened but not browned, **3–4 minutes**.
3. Add **garlic, turmeric, ginger, and cumin**; cook, stirring constantly, **30–60 seconds**, until fragrant.
4. Add **broth, lentils, chickpeas, and salt+MSG**. Bring to a boil, then reduce to a **gentle simmer**.
5. **Cover and cook 30–40 minutes**, stirring occasionally, until lentils are tender but still holding shape.
6. Stir in **spinach** (fresh OR frozen) and **frozen green beans**. **Simmer 2–3 minutes**, just until heated through.
7. Remove from heat. Stir in **lemon juice** and **crushed red pepper**.
8. **Let stand 10 minutes** before serving. Garnish with **cilantro** if desired.

### STOCK STRENGTH & SODIUM NOTE

Use vegetable stock prepared at approximately ½ strength:

- Full-strength stock ≈ 900 mg sodium per cup (240 ml).
- ½ strength ≈ 450 mg sodium per cup (default for this soup).

For this recipe (960 g / ~4 cups), target total sodium from stock  $\approx$  1,800 mg. Prepare by diluting regular bouillon or Youki granules with water rather than using low-sodium products.

Adjust final salt only after simmering.

### NOTES

- Fresh spinach yields a lighter, cleaner soup.
- Frozen spinach gives slightly thicker body and deeper vegetal flavor.
- Optional depth additions:  $\frac{1}{2}$  **tsp smoked paprika** or **1 tsp tomato paste** added with spices.
- Soup thickens overnight; loosen with hot water when reheating.

### NUTRITION (per serving)

Kcal: 290–300 | Protein: 14 g | Fat: 9–10 g | Sat. Fat: 1 g | Carbs: 39–40 g |  
Sugars: 4 g | Fiber: 13–14 g | Sodium: 560–580 mg | Omega-3: 0.4 g

### NUTRITION (whole pot)

Kcal: 1,740–1,800 | Protein: 84 g | Fat: 54–60 g | Sat. Fat: 6 g | Carbs: 234–240  
g | Sugars: 24 g | Fiber: 78–84 g | Sodium: 3,360–3,480 mg | Omega-3: 2.4 g