

## IMPACT'S FAVORITE RECIPES:

# Red Lentil Soup with Spinach



This is a great recipe from Skinny.com, and I love that it is protein-enriched and is a meat-free, gluten-free option with just 255 calories per serving . . . Perfect for a cold winter day too! Makes a great lunch or dinner (1.5 cups = a serving) . . . YUM!

### **INGREDIENTS:**

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 cloves of garlic, finely chopped
- 16 ounces (2 1/3 cups) red **or yellow** lentils (I used red)
- 8 cups of chicken or vegetable broth
- 1 teaspoon turmeric
- 1 1/2 teaspoons ground cumin
- 1/4 cup fresh chopped flat-leaf parsley
- 2 cups (2 oz) baby spinach
- Juice of half a lemon

### **STOVE DIRECTIONS:**

1. Heat the oil in a large pot or Dutch oven over medium heat, add the onions and carrots and sauté until soft, about 5 to 6 minutes, stirring.
2. Add the chopped garlic, turmeric and cumin and continue cooking for 2 – 3 minutes more.
3. Stir in the lentils, add the broth and bring to a boil, reduce heat and cook covered on low for about 30 minutes, stirring occasionally until thickened. Remove from heat.
4. Toss in parsley, spinach and stir in lemon juice and serve.

### **INSTANT POT DIRECTIONS:**

1. Press sauté and add the oil to the insert, add the onions and carrots and sauté until soft, about 5 minutes, stirring.
2. Add the chopped garlic, turmeric and cumin and continue cooking for 2 – 3 minutes. Press cancel.
3. Add the lentils and broth, cover and cook on high pressure 15 minutes.

### **Tips:**

- For a thicker soup, puree half of the soup with an immersion blender for a creamier texture.
- Anytime I convert a stove top recipe to the Instant Pot, use 1/4 cup less broth since there is no evaporation.

**ENJOY!**