

CURRIED LENTIL SOUP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 9 (Serving= 1 cup)

Nutrition (per serving)

Calories: 150

Total Fat: 3 g

Saturated Fat: 1 g

Sodium: 420 mg

Total Carbohydrate: 30 g

Dietary Fiber: 8 g

Protein: 12 g



Ingredients

- 5 ½ cups water
- 3 medium carrots, diced
- 1 medium onion, diced
- 2/3 cup dried lentils, rinsed
- 1 – 6 ounce can tomato paste
- 1 – 14.5 ounce can no salt added diced tomatoes
- 1 Tablespoon minced garlic
- 3 cups chopped kale
- 3 lean turkey sausage links, cooked and chopped
- 2 Tablespoons curry powder
- 1 Tablespoon cider vinegar
- ¾ teaspoon salt



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Directions

1. In a large stockpot, combine water, carrots, onion, lentils, tomato paste, diced tomatoes and garlic. Bring to boil, then turn heat down to medium-low and let cook for 25 minutes, stirring occasionally.
2. Add remaining ingredients, stir well and simmer for 5 more minutes.