



# Recipes

## Soups

### **Lemon Lentil Soup** (vegan)

*Prep Time: 35 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 small onion
- 5 cloves garlic
- 2 tablespoons extra virgin olive oil
- 2 cups red lentils, rinsed and drained
- 8 cups vegetables stock or water
- 5 cups baby spinach
- 1 small handful parsley
- 1/2 cup freshly squeezed lemon juice
- Sea salt and pepper to taste

#### **Directions:**

1. Peel and cut ends off the onion and place into a food processor. Peel the garlic and also place into the food processor. Pulse the onions and garlic until finely chopped.
2. Heat olive oil in a large pot. Add onions and garlic and sauté until soft.
3. Add red lentils, vegetable broth or water. Cover pot and simmer for about 25 minutes, or until lentils are cooked through.
4. While lentils are cooking, place the spinach and parsley into the food processor and pulse until minced.
5. Add minced parsley, spinach, lemon juice and sea salt to the cooked lentils. Simmer on low for another 3-5 minutes.