

Lemony Lentil Soup with Greens

This deeply satisfying, hearty soup gets a bright flavor lift from lemon juice and zest. It's just the right touch to keep this Old World classic fresh and modern.

2 tsp canola oil
1 small onion, chopped
1 large carrot, peeled and chopped
2 stalks celery, chopped
2 cloves garlic, minced
12 cups low-sodium chicken broth, plus more as needed
16 ounces green lentils
1 tsp dried basil
1 tsp dried thyme
1 tsp salt
6 cups chopped kale leaves (about 6 ounces)
3 Tbsp fresh lemon juice
1 tsp finely grated lemon zest

Heat the oil in a 6 –quart soup pot over medium-high heat. Add the onion and cook, stirring, until softened and translucent, 3-5 minutes. Add the carrot, celery, and garlic and cook, covered, stirring occasionally, until the carrots are softened, about 5 minutes. Add 12 cups of the broth, the lentils, basil, thyme, and salt and bring to a boil. Reduce the heat to low, add the kale, and cook until the lentils are tender, 30-35 minutes, adding more broth if necessary. Stir in the lemon juice and zest, and serve.

Makes 6 servings (2 cups)

Per Serving

Calories: 410

Total Fat: 7 g

Sat Fat: 1 g

Mono fat: 2 g

Poly Fat: 1 g

Protein: 30 g

Carb: 65 g

Fiber: 15 g

Sodium: 600 mg

Credit: So Easy by Ellie Krieger