

# LENTIL VEGETABLE SOUP

SERVES 6

Adding the beet gives a beautiful color to this healthy soup. Just don't use canned beets, as they don't taste as delicious as fresh beets. Don't forget to use those beet greens too because they contain healthy antioxidants like beta-carotene and lutein.

- 1 TBS olive oil*
- 1 large onion, diced*
- 3 garlic cloves, pressed*
- 1 bay leaf*
- 2 tsp ground cumin*
- 1 tsp ground coriander*
- 1 cup of dry red lentils, rinsed and sorted to remove stones*
- 4 cups vegetable broth (may substitute water)*
- 1 sweet potato, scrubbed and diced*
- 1 small beet, scrubbed and diced*
- 2 carrots, scrubbed and diced*
- ½ tsp unrefined sea salt or Himalayan salt*
- 14 oz. can diced tomatoes, use the fire roasted tomatoes, if available*
- 1 head of broccoli, chopped into small florets*
- 10 oz. of chopped spinach, fresh or frozen (may substitute any green leafy vegetable)*
- 2 TBS mellow, white, or sweet miso paste*
- juice from ½ lemon*
- fresh parsley, cilantro and/or basil, minced*



Sauté the onion in olive oil (or water) in a large soup pot over medium heat until soft, about 5-10 minutes. Then add the garlic, bay leaf, cumin and coriander and sauté another minute. Now add the drained lentils. Stir to coat with oil for 1 minute. Slowly add the vegetable broth, cover and simmer for 20 minutes, stirring from time to time to prevent sticking. Now add the chopped sweet potato, beet and carrots with the salt and canned tomatoes. Simmer another 10 minutes, stirring often. Remove the bay leaf. Add the broccoli and cook another minute. Then add the spinach and turn off the heat. Whisk together the miso paste and lemon juice. Pour back into soup and stir to combine. Taste for salt and spice. Top with fresh herbs and serve.