Red Lentil Soup

Ingredients
- 3 tablespoons olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon chili powder (optional)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 quart low-sodium vegetable broth
- 1 cup red lentils, rinsed
- 1 large carrot, chopped
- 1 bunch spinach, chopped
- 2 cups water

Preparation:
1. In a large pot, heat 3 tablespoons olive oil over high heat until hot and shimmering. Add onion and garlic and cook until golden for about 4 minutes, constantly stirring.
2. Stir in tomato paste, cumin, salt, black pepper, chili powder and cook and stir for 2 minutes longer.
3. Add broth and 2 cups water, lentils and carrot.
4. Bring to a boil, then partially cover pot and turn heat to medium low. Simmer until lentils are soft, about 30 minutes. Add bunch of spinach a handful at a time and stir until wilted. Taste and add more seasoning if necessary.

NUTRITION FACTS
Servings: 4

PER SERVING
Calories (kcal): 350
Fat (g): 12
Carbohydrate (g): 40
Protein (g): 21

TIPS & HINTS
This soup can also be served over rice for a vegetarian lentil curry.