

# Lentil Soup

Number of servings: 4

## Nutrition Info

Calories: 125

Fat: 4 g

Carbohydrates: 18.2g

Protein: 6.7g

Fiber: 5.4g

## Ingredients

1 tbsp olive oil  
1 ½ cups onion, chopped  
2 large cloves garlic, minced  
2 tsp curry powder  
3 cups low sodium chicken broth  
1 (14.5 oz) can diced tomatoes, undrained  
½ cup cilantro, chopped  
1 lime  
Cayenne pepper  
1 cinnamon stick  
½ tsp salt  
1 bay leaf  
¾ cup red lentils

## Directions

- Heat the oil in a large soup pot over med-high heat. Add onion and sauté until it begins to brown, 5 minutes. Add the garlic and curry powder and sauté 1 minute.
- Add the broth, lentils, bay leaf, and cinnamon stick. Bring to a boil. Cover, reduce heat to med-low and simmer for 30 minutes or until the lentils are fall-apart tender.
- Stir in the cilantro, lime juice, and add cayenne to taste.

Serve with brown basmati rice and a simple side salad

Courtesy of: Chef Ivy Manning  
<http://lvymanning.com>

