

# Lebanese Lentil Soup

## Diabetes Friendly

Serves 6

### Ingredients

2 cups red lentils  
 2 tablespoons cooking oil (canola, vegetable)  
 2-3 medium carrots, rough chopped  
 1 large onion, large dice  
 2 teaspoons cumin powder  
 1 teaspoon fresh black pepper  
 1 tablespoon salt and to taste  
 1 teaspoon 7-spice powder (cumin, black pepper, coriander, nutmeg, paprika, cloves, cinnamon, cardamom)

9 cups water or more  
 2-3 cups finely chopped greens like kale or collards  
 Fresh Lemon juice start with ½ lemon and then to taste  
 Chopped parsley for garnish  
 Pita ships for garnish  
 Caramelized onions for garnish or green onion, chopped

Nutrition Facts	
Amount Per Serving	
<b>Calories</b>	<b>184</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 5.9g	<b>8%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 3.6g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1279mg	<b>56%</b>
<b>Total Carbohydrates</b> 27g	<b>10%</b>
Dietary Fiber 10g	<b>36%</b>
Sugars 4.8g	
<b>Protein</b> 9.9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 182mg	<b>14%</b>
Iron 4.4mg	<b>24%</b>
Potassium 683.5mg	<b>15%</b>
<b>Caffeine</b> 0mg	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### Directions

1. Wash lentils until water is clear and there is no foam.
2. Heat oil in stock pot. When hot, add onions and carrots. Sauté until onions are turning brown. Add lentils, cover with water. Boil for 45 minutes or until lentils are completely soft and falling apart. Let soup cool before blending or using an immersion blender.
3. In a jar/sealed container, mix all spices with 1-2 tablespoons of cold water, shake and then add to soup. Add greens and stir to combine. Bring to a boil, and then turn down heat to simmer for ~10 minutes.
4. Remove from heat, add lemon juice to taste. Adjust seasonings to your preference and serve with onions, pita chips and parsley.

