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

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.

Nutrition Facts

- Calories: 184
- % Daily Value:
  - Total Fat: 5.3g (8%)
  - Saturated Fat: 0.5g (3%)
  - Trans Fat: 0g
  - Cholesterol: 0mg (0%)
  - Sodium: 127mg (6%)
  - Total Carbohydrates: 27g (9%)
  - Dietary Fiber: 11g (38%)
  - Sugars: 4.8g
  - Protein: 9.5g

*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.

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