

One-Pot Lentil & Vegetable Soup with Parmesan



Makes 6 servings Calories: 306 Fat: 7g Carbs: 45g Protein: 17g

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 3 cups fresh or frozen chopped onion, carrot and celery mix
- 4 cloves garlic, chopped
- 4 cups low-sodium vegetable or chicken broth
- 1 ½ cups green or brown lentils
- 1 (15-ounce) can unsalted diced tomatoes, undrained
- 2 teaspoons finely chopped fresh thyme
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon crushed red pepper
- ½ cup grated Parmesan cheese
- 1 tablespoon parmesan rind (optional)
- 3 cups packed roughly chopped lacinato kale
- 1½ tablespoons red-wine vinegar
- 4 tablespoon chopped fresh flat-leaf parsley for garnish

DIRECTIONS

Heat oil in a Dutch oven or large pot over medium heat. Add 3 cups chopped onion, carrot and celery mix; cook, stirring occasionally, until softened, 6 to 10 minutes. Add 4 cloves garlic; cook, stirring often, until fragrant, about 30 seconds.

Stir in 4 cups broth, 1 ½ cups lentils, 1 can tomatoes, 2 teaspoons thyme, ½ teaspoon salt, ½ teaspoon pepper, ½ teaspoon crushed red pepper and Parmesan rind, if using. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and cook, stirring occasionally, until the lentils are almost tender, 15 to 25 minutes, adding water as needed to thin to desired consistency.

Stir in 3 cups kale. Cook, covered, until the kale is tender, 5 to 10 minutes. Remove and discard the Parmesan rind, if using. Stir in 1 ½ tablespoons vinegar. Divide the soup among 6 bowls; sprinkle with Parmesan. Garnish with 4 tablespoon parsley, if desired.

Recipe Credit: EatingWell.com

