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## *Lemon and Lentil Soup*

Serves 8

### *Ingredients*

- 1 small onion, peeled and ends removed
- 5 garlic cloves, peeled
- 2 TBSP EVOO
- 2 cups red lentils, rinsed and drained
- 8 cups vegetable broth or water
- 4 to 5 cups baby spinach
- small handful fresh parsley
- ½ cup lemon juice, freshly squeezed, plus zest of one lemon
- 1 to 2 tsp sea salt

### *Preparation*

1. Place onion and garlic cloves in a food processor and pulse until finely chopped.
2. Heat the oil in a 6-quart pot. Add onions and garlic and saute for 3 to 5 minutes, or until soft.
3. Add the red lentils and the vegetable broth (or water). Cover pot and simmer for about 25 minutes, or until lentils are very soft.
4. While the lentils are cooking, put the spinach and parsley in the food processor and pulse until minced.
5. Add parsley and spinach to the cooked lentils along with the lemon juice, zest and sea salt. Simmer on low for another 3 to 5 minutes. Taste and add more salt or lemon juice as desired. Serve over cooked brown jasmine or basmati rice.



*Food Fairy Note:*

Recipe adapted slightly from one found in The Whole Life Nutrition Cookbook

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