

Hearty Spinach and Lentil Soup

Preparation time	15 minutes
Cooking time	30 minutes
Servings	5
Cost per serving	\$1.29
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, can opener, colander, large pot, wooden spoon, ladle



Ingredients



15 ml (1 tbsp)
canola oil



1 small **yellow onion**,
peeled and chopped



2 **celery** sticks,
chopped



4 **garlic** cloves,
peeled and minced



10 ml (2 tsp)
ground cumin



Salt, pepper
and Tabasco-style
hot sauce, to taste



2 cans (540 ml)
lentils, drained
and rinsed



60 ml (¼ cup)
uncooked rice



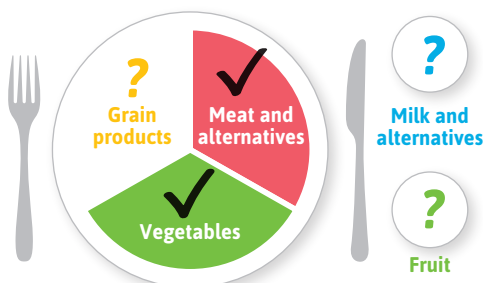
1.5 litres (6 cups)
chicken broth



8 **frozen spinach** nuggets
(about 310 ml/1¼ cup)

OUR SHORT VIDEO WILL
SHOW YOU HOW TO MAKE
YOUR OWN BROTH
WWW.OLO.CA

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Balanced plate

Serve with:

- ? A grain product (bread, for example)
- ? A vegetable to round out the serving (raw vegetables, for example) and a fruit
- ? A glass of milk or fortified soy beverage or a piece of cheese

Directions

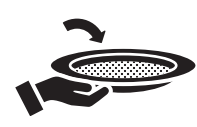
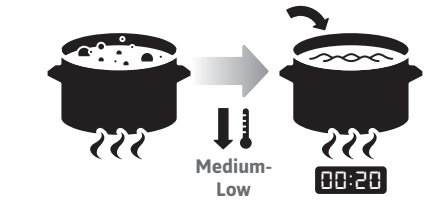
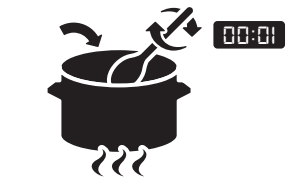
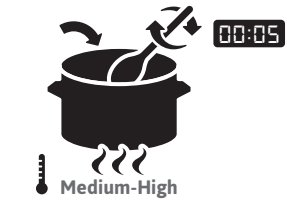
- 1 In a large pot, heat the **oil** over medium-high heat, add the **onion** and **celery** and cook for about 5 minutes.

- 2 Add the **garlic** and cook for another minute. Add **salt** and **pepper**.

- 3 Add the **lentils**, **rice** and **chicken broth**.

- 4 Bring to a boil, then reduce heat to medium-low. Add the **spinach** and simmer for about 20 minutes, or until the rice is done.
Tip: Use the cooking time to prepare your side dishes.

- 5 You can add a little **hot sauce** and adjust the salt and pepper as needed, before serving.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition