



It's a soup, could be a stew, maybe a casserole? Tasty lentils that can be eaten any way! Warm, satisfying, filling, and nutritious. "Italian Soul Food," my brother would say. A great grab-and-go bowl to fill up when hungry.

Lentils Nutrition Facts	
Serving size	1/2 Cup (125 mL)
	Cooked
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	10%
Potassium 252mg	6%
Folate 39mcg DFE	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients

- ½ lb. bag lentils
- 2 tbsp extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 4 large garlic cloves, minced
- 3 carrots, chopped
- 2 celery stalk with leaves, chopped
- 1/3 cup chopped fennel (optional)
- 1-2 fresh tomatoes, chopped
- 32 oz. chicken or vegetable broth
- 1 tbsp Italian seasoning blend
- 1 teaspoon red pepper flakes
- ½ tsp ground cumin
- salt
- black pepper
- 1-2 cups baby spinach, chopped
- ½ cup chopped parsley leaves

Instructions

1. In a large Dutch oven or pot, heat about 2 tablespoons olive oil over medium heat. Add the onions, garlic, carrots, celery, and fennel. Cook, stirring occasionally until the veggies are fragrant and tender, about 5 minutes.
2. Add the tomatoes and lightly crush with a potato masher or the back of a fork. Stir in the broth, seasoning, red pepper, cumin, and lentils. Season with a pinch of salt and black pepper.
3. Bring the soup to a boil, then lower the heat and partly cover.
4. Simmer for about 30 minutes until the lentils are tender and somewhat soft.
5. Remove from heat and stir in spinach, and parsley
6. Season with more salt and pepper to taste.
7. Serve over rice.