

Autumn Soup



Discover a delicious autumn soup that will warm your taste buds with its comforting blend of flavors.

Preparation 15 min

Cooking 35 min

Servings 6

Nutrition Facts (per serving)

Calories 220

Fat 9

Carbohydrates 21

Fibre 8

Protein 13

Ingredients

- 5 ml (1 tsp) of oil 1 red onion, chopped
- 2 carrots, cut into slices
- 5 ml (1 tsp) minced garlic
- 250 ml (1 cup) celery, diced
- 1 medium sweet potato, diced
- 125 ml (1/2 cup) dried green lentils, rinsed and drained
- 1 L (4 cups) vegetable broth
- 60 ml (1/4 cup) of yeast

- 5 ml (1 tsp) of chili powder
- 15 ml (1 tbsp) sunflower seeds per serving (optional)

Preparation

1. In a pan over medium heat, brown the onions in oil for 5 minutes while stirring.
2. Add carrots, garlic, celery, sweet potato, lentils and mix it well.
3. Add the vegetable broth and add the nutritional yeast, the Dijon mustard, the chili powder while mixing again.
4. Cover and let simmer for about 25 to 30 minutes or until the lentils are cooked.
5. Pass the soup to the blender for about 1 minute or until everything is smooth.
6. Pour into bowls and serve by sprinkling some sunflower seeds.

Notes



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