

# Lentil and Red Bell Pepper Soup



*This recipe is a delightful fusion of comforting and nutritious flavors. Indulge in this warm, balanced, and easy-to-make soup. Try it now for a nourishing and satisfying meal.*

Preparation 10 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 275

Fat 8

Carbohydrates 32

Fibre 7

Protein 13

Sodium 180

## **Ingredients**

- 2 red bell peppers, chopped
- 1 yellow onion, chopped
- 30 ml (2 tbsp) olive oil
- 2 ml (½ tsp) ground turmeric
- 2 ml (½ tsp) cumin seeds (see note)
- 2 ml (½ tsp) coriander seeds (see note)

- 1.25 L (5 cups) low-sodium vegetable broth
- 15 ml (1 tbsp) tomato paste
- 250 ml (1 cup) dried red lentils
- 30 ml (2 tbsp) fresh cilantro, finely chopped
- 2 green onions, chopped
- Pepper and salt to taste

**Note:** If you do not have cumin or coriander seeds, substitute with the same amount of ground cumin or coriander.

## Preparation

1. In a large saucepan, heat olive oil over medium heat. Add red peppers, onions and spices and cook until onions are tender, about 5 minutes. Season to taste.
2. Add vegetable broth and tomato paste. Bring to a boil, then cover and simmer for 15 minutes over medium-low heat.
3. Add red lentils and simmer for 5 minutes, or until red lentils are tender.
4. To serve, garnish with fresh cilantro and green onions.

## Notes

Can be stored for 4 days in the refrigerator in an airtight container.



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