

Comforting Soup



Discover our delicious vegetarian comforting soup recipe, perfect for chilly days. Made with fresh and flavorful ingredients, this soup will warm your body and soothe your soul.

Preparation 15 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 310

Fat 17

Carbohydrates 46

Fibre 6

Protein 17

Sodium 210

Ingredients

- 15 ml (1 tbsp) avocado or olive oil
- 1 onion, diced 2 cloves garlic, chopped
- 30 ml (2 tbsp) chopped ginger
- 250 ml (1 cup) diced potatoes
- 250 ml (1 cup) carrots, cubed
- 375 ml (1 ½ cup) broccoli, cut into small bouquets

- 1 ml (1/4 tsp) cayenne pepper
- 30 ml (2 tbsp) food yeast
- Salt and pepper to taste
- 5 cups of sodium-reduced vegetable broth
- 30 ml (2 tbsp) natural peanut butter
- 125 ml (1/2 cup) rinsed dry green lentils
- Fresh parsley (optional)
- Lemon juice (optional)

Preparation

1. In a large pot, sauté the garlic, onion and ginger in oil over medium-high heat for about 7 minutes.
2. Add potatoes, carrots and broccoli and stir.
3. Add the turmeric, cayenne pepper, yeast, salt and pepper and mix again.
4. Add the broth, peanut butter and lentils to the preparation.
5. Boil for about 20 minutes uncovered.
6. Just before serving, add lemon juice and fresh parsley if desired.

Notes



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