Dinner

# Hearty Green Lentil and Potato Soup with Spinach

Green lentils and cubed potatoes simmer with browned onions, thawed spinach and parsley in a savoury reduced sodium gluten free vegetable or chicken stock. A quarter of the soup is pureed back in for a thicker texture, with fresh lemon juice stirred through just before serving.



Freezer safe

| 115 min | 293 | 46.2 g | 4.2 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 5 servings

- [ ] 1 cup dry green lentils
- [ ] 2 tablespoons vegetable oil
- [ ] 1 tablespoon minced garlic
- [ ] 2 medium onions, chopped
- [ ] 2 cups reduced sodium gluten free vegetable or chicken stock
- [ ] 2 tablespoons chopped fresh parsley
- [ ] 1 packet (~280g) frozen spinach, thawed and chopped finely
- [ ] 2 medium potatoes, cubed
- [ ] 1/4 cup fresh lemon juice
- [ ] salt and pepper to taste

## Method

- [ ] **1** Put the dry green lentils in a medium saucepan and cover them with water.
- [ ] **2** Bring to the boil, then cover and simmer for 20 minutes. Drain and set the lentils aside.
- [ ] **3** Saute the chopped onions in the vegetable oil in a large saucepan until browned.
- [ ] **4** Add the reduced sodium gluten free vegetable or chicken stock, the drained lentils, the minced garlic, the chopped fresh parsley, the thawed frozen spinach and the cubed potatoes.
- [ ] **5** Season with salt and pepper to taste.
- [ ] **6** Cook the mixture for about 1 hour, until the lentils and potatoes are tender.
- [ ] **7** Puree 1/4 of the soup and return it to the saucepan.
- [ ] **8** Stir in the fresh lemon juice just before serving.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **293** |
| **Total fat** | 6.9 g |
| Saturated fat | Not listed |
| **Sodium** | 79 mg |
| **Total carbs** | 46.2 g |
| Fiber | 8 g |
| Total sugars | 4.2 g |
| **Protein** | 17 g |

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