



# LENTIL soup



**Serves**  
5-6



**Prep Time**  
5-7 minutes



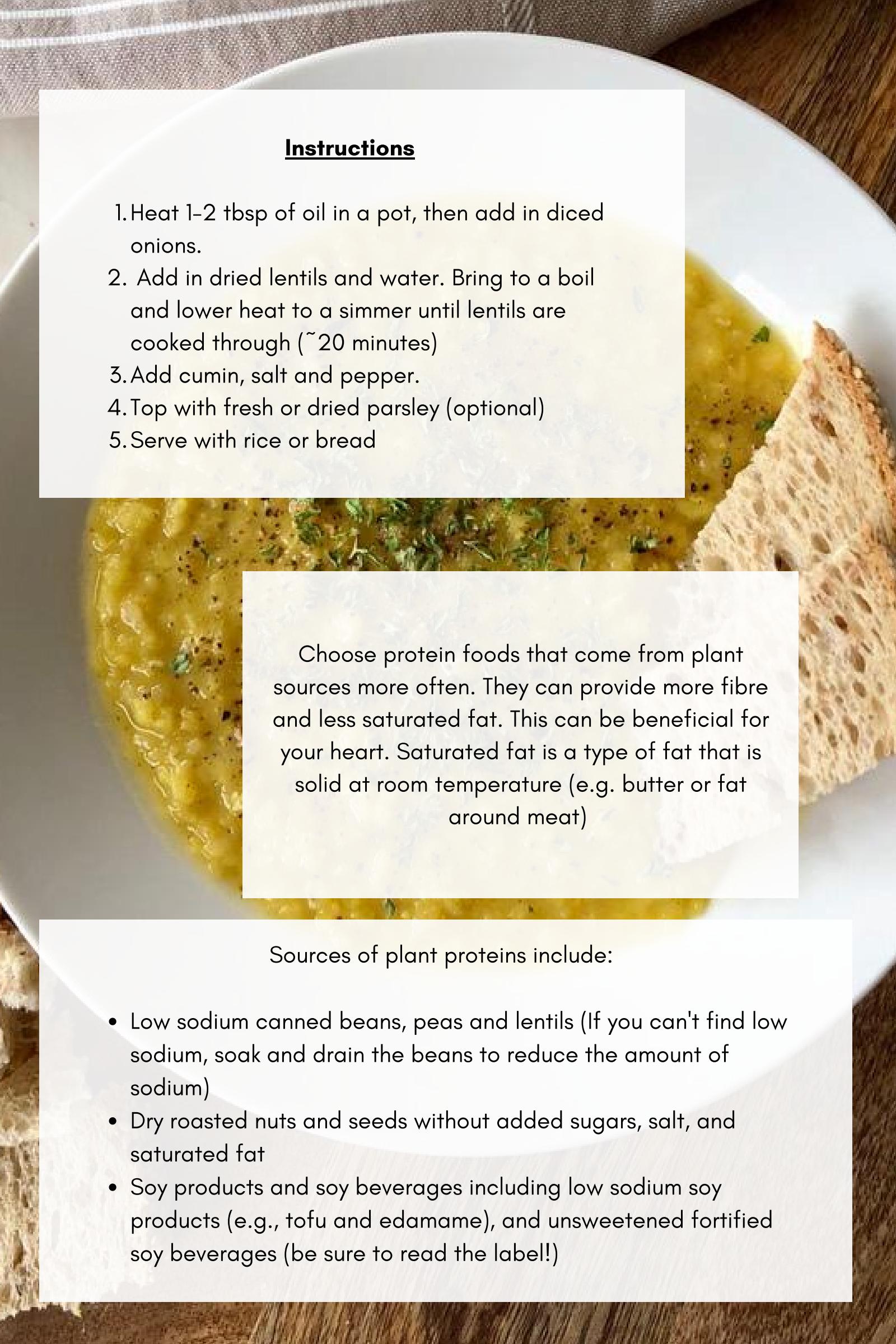
**Cook Time**  
20 minutes

## Ingredients

2 tbsp any oil  
1 small onion, finely chopped  
2 cups red lentils, dried  
4 cups water  
1 tsp cumin  
Salt and black pepper to taste

## **Instructions**

1. Heat 1-2 tbsp of oil in a pot, then add in diced onions.
2. Add in dried lentils and water. Bring to a boil and lower heat to a simmer until lentils are cooked through (~20 minutes)
3. Add cumin, salt and pepper.
4. Top with fresh or dried parsley (optional)
5. Serve with rice or bread

A close-up photograph of a bowl of lentil soup. The soup is a rich, golden-brown color, filled with lentils, small pieces of vegetables, and fresh green herbs. A slice of whole-grain bread is partially visible on the right side of the frame, suggesting a meal. The lighting is warm and focused on the bowl.

Choose protein foods that come from plant sources more often. They can provide more fibre and less saturated fat. This can be beneficial for your heart. Saturated fat is a type of fat that is solid at room temperature (e.g. butter or fat around meat)

Sources of plant proteins include:

- Low sodium canned beans, peas and lentils (If you can't find low sodium, soak and drain the beans to reduce the amount of sodium)
- Dry roasted nuts and seeds without added sugars, salt, and saturated fat
- Soy products and soy beverages including low sodium soy products (e.g., tofu and edamame), and unsweetened fortified soy beverages (be sure to read the label!)