



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

A top-down view of a white bowl filled with a thick, yellow lentil soup. The soup is garnished with finely chopped green herbs and a sprinkle of black pepper. A slice of rustic, golden-brown bread is placed on the right side of the bowl. The bowl sits on a dark wooden surface.

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

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!)