

LiveBetter with MedWatch

Red Lentil & Rice Soup

Ingredients

- 2 tsp. olive oil
- 2 carrots, chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 6 cups reduced-sodium chicken broth, defatted, or vegetable broth
- 1 cup red lentils, picked over and rinsed
- 1 cup rice, preferably short-grain
- 3 Tbsp. fresh lemon juice
- ¼ cup fresh cilantro

Preparation

1. In a Dutch oven or large pot, heat oil over medium-high heat. Add carrots, onion and garlic; cook, stirring until softened (3 to 5 minutes). Add cumin and cook for 1 minute more.
2. Stir in broth, lentils and rice and bring to a boil. Reduce heat to low and simmer, partially covered, stirring occasionally until lentils break down and rice is tender (about 20 minutes).
3. Add lemon juice and season with salt and pepper. Ladle into bowls and garnish with cilantro.

Makes 4 main-course or 6 first-course servings.

Nutrition Analysis



Per serving: 310 calories, 5 g fat (0.4 g saturated fat), 16 g protein, 53 g carbohydrates, 0 mg cholesterol, 1,770 mg sodium, 8 g dietary fiber



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