

Spiced Lentil and Farro Soup

Adapted from: Oh She Glows Cookbook by Angela Liddon

Yield: 6 servings as a main course

Ingredients

- 1 tsp olive oil
- 1 onion, chopped
- 5 cloves garlic, minced
- 5 stalks celery
- 1 Tbsp. cumin
- 2 Tbsp. chili powder
- 1 tsp coriander
- 1 tsp smoked paprika
- 2 bay leaves
- 1 can diced tomatoes
- 6 cups water
- 4 cups vegetable broth
- 1 cup red lentils
- 1 cup farro
- ½ tsp salt
- ½ tsp pepper
- 2 Tbsp. lemon juice
- 4 cups de-stemmed and torn kale leaves

Preparation

1. In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for 5-6 minutes, until the onion is translucent. Add the celery and sauté for a few minutes more.
2. Add the cumin, chili powder, coriander, paprika, and bay leaves and stir to combine. Sauté for a couple of minutes, until fragrant.
3. Stir in the tomatoes with their juices, the water, broth, lentils, and farro. Bring the mixture to a boil, and then reduce the heat to medium and simmer, uncovered, for 20 to 25 minutes, until the lentils are tender and fluffy. Season with salt and pepper. Remove and discard the bay leaf.
4. Stir in the kale and cook for a few minutes more, until it has wilted.
5. Serve immediately.

Nutrition Facts: 377 calories, 5 g fat, 50 g carbohydrate, 15 g protein, 436 mg sodium

Class recipes can be found at www.evergreenhealth.com/recipes