



Makes 9 cups
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

32 ounces low-sodium vegetable broth

1 cup brown or green lentils, rinsed and drained

1 medium onion, chopped (1 cup)

2 stalks celery, chopped (½ cup)

1 carrot, chopped (½ cup)

3 cloves garlic, minced

1 green zucchini or yellow squash, cut into ½-inch pieces

1 teaspoon ground cumin

1 teaspoon fresh oregano, snipped

2 medium tomatoes, chopped (2 cups)

Sea salt and freshly ground black pepper, to taste

4 cups fresh baby spinach

Mediterranean Lentil and Spinach Soup

This hearty lentil soup gets its bright flavor from fresh tomatoes and wilted spinach. A colorful array of chopped celery, onion, carrots, and squash add loads of dimension to this easy soup, which is light enough for warm days but nourishing enough for chilly nights.

By Carla Christian, RD, LD

- 1 In a 6-qt. Dutch oven combine the first six ingredients (through garlic) and 1 cup water. Bring to boiling over medium-high; reduce heat. Simmer, covered, 25 to 30 minutes or just until lentils are tender.
- 2 Stir in squash, cumin, and oregano. Simmer, uncovered, 10 minutes more or until squash is tender. Stir in tomatoes; heat through. Season with salt and pepper. Remove from heat. Before serving, stir in spinach.