

# February Recipe



**EAT RIGHT MONTANA**

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## Spicy Lentil and Tomato Soup

### Ingredients:

- 1 Tbsp. sunflower oil
- 1 onion, finely chopped
- 1/2 cup celery, finely chopped
- 2 garlic cloves, crushed
- 1 inch fresh ginger, peeled, finely chopped
- 1 tsp. cumin seed, crushed
- 1 lb. ripe tomato chopped or 14. oz. can chopped tomato
- 1/2 cup red lentils, such as Timeless Foods Petite Crimson
- 5 C. vegetable stock
- Salt and pepper to taste
- Low fat yogurt and freshly chopped parsley as garnish

### Instructions:

1. Heat oil in a large saucepan and cook the chopped onion and celery gently for 5 minutes until translucent.
2. Stir in garlic, ginger and cumin.
3. Add tomatoes and lentils.
4. Cook over low heat for about 3 minutes.
5. Stir in the stock. Bring to boil, lower heat and simmer gently for about 15 minutes, until lentils are soft.
6. Salt and pepper to taste.
7. Puree the soup in a blender or food processor. Return to a clean pan and reheat gently.
8. Serve in heated bowls, and with a heart-shaped swirl of yogurt and sprinkling of chopped parsley.

**YIELD: 6 1-cup servings**

### Ideas/Substitutions

- For a southwestern flavor, sprinkle with chopped cilantro instead of parsley.
- For added crunch, top with a few croutons or sunflower seeds.
- Serve with hearty whole grain bread or rolls - and a green or fruit salad.
- Substitute olive oil for sunflower oil. Light sour cream can also be substituted for the low fat yogurt.
- For the vegetable broth, use homemade or canned broth (regular or low-sodium). Beef or chicken broth may also be used.

### Nutrition Analysis

Serving Size: 1 cup

Calories: 161

Total Fat: 3.2 g

Calories from Fat: 18 %

Saturated Fat: 0.4 g

Trans Fat: 0.0 g

Total Carb: 29 g

Dietary Fiber: 3.3 g

Sodium: 301 mg

Protein: 7.2 g

Calcium: 60 mg

Iron: 2.7 mg

### Recipe Source

Adapted and used with permission of **Timeless Foods**, Conrad, Montana  
[www.timelessfood.com/](http://www.timelessfood.com/)