



INGREDIENTS

- | | |
|---|---|
| ☐ ¼ cup extra virgin olive oil | ☐ 1 large can diced tomatoes |
| ☐ 1 medium yellow or white onion | ☐ 1 cup brown or green lentils |
| ☐ 2 carrots | ☐ 4 cups vegetable broth |
| ☐ 4 garlic cloves | ☐ 2 cups water |
| ☐ 2 teaspoons ground cumin | ☐ 1 teaspoon salt |
| ☐ 1 teaspoon curry powder | ☐ 1 tsp of red pepper flakes |
| ☐ ½ teaspoon dried thyme | ☐ Freshly ground black pepper |
| ☐ 1 to 2 tablespoons lemon juice | ☐ 1 cup of kale |

INSTRUCTIONS

1. Pour olive oil in a pot over medium heat.
2. Add the chopped onion and carrots, stirring often, until the onion has softened.
3. Pour in the garlic, cumin, curry powder, thyme, and drained diced tomatoes, and stir often.
4. Drop in the lentils, broth and water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper.
5. Raise heat, bring the mixture to a boil, and cook for 25 to 30 minutes, or until the lentils are tender.
6. Transfer 2 cups of the soup to a blender, and purée the soup until smooth. Pour the puréed soup back into the pot.
7. Add the chopped kale and cook until greens have softened.
8. Remove the pot from the heat and stir in lemon juice.