

# Vegetable Lentil Soup

## Ingredients:

- 1 white or yellow onion, chopped
- 2 cloves of garlic, finely chopped
- 4 cups of brown lentils, rinsed and drained
- 1 (15oz) can of diced tomatoes
- 2 cups of chopped carrots
- 1 cup of celery, chopped
- 8 cups of low sodium vegetable broth (or the equivalent amount of bouillon and water)
- 4 cups, packed, of baby spinach
- 1/4 tsp. ground cumin
- A dash of cayenne pepper (optional)
- Salt and pepper, to taste



## Directions:

### Crock Pot:

1. Heat 1-2 tbsp. of olive oil in a small pot over medium-high heat. Add the chopped onion, celery, and carrots, and chopped garlic seasoned with a little salt and pepper, and sauté until tender, about 5-7 minutes.
2. Place sauteed veggies in the crockpot.
3. Now add the remaining ingredients to the crockpot, stir well. Cover and cook on high for 4-6 hours or low for 8-10 hours (preferably on low). IF you can, open and stir halfway through the cooking process— but if you aren't home, no worries, they will be fine! When cooking time is done, serve and enjoy!

**Instant Pot:** Follow directions about but sauté directly in the Instant Pot. Leave out the spinach. Cook on Manual for 16 minutes then “natural release” for approximately 16 minutes once done. Remove lid, stir in spinach, if desired.

Note: This makes a lot! You might want to try ½ recipe first.



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