

# Lentil Kale Soup with Lemon

## Ingredients

---

3 T Olive Oil  
1 Onion (diced)  
1 Carrot (peeled and diced)  
1 t Garlic (minced)  
1 T Tomato Paste  
1 1/2 t Cumin  
1/4 t Cayenne  
1/2 t Salt  
1/4 t Ground Black Pepper  
4 c Chicken Broth  
3 c Water  
1 1/4 c Brown Lentils  
2 c Kale (chopped)  
1/4 c Cilantro  
1 Lemon  
3 Bay Leaves

## Instructions

---

- 1.Heat up the olive oil in a soup pot over medium heat. Add the diced onion and carrot. SautÃ© until the onion softens and starts to turn golden. Add the garlic and sautÃ© for 1-2 minutes longer until fragrant.
- 2.Add the tomato paste, cumin, cayenne, salt and black pepper. Stir and sautÃ© for 2 minutes longer. Add the chicken broth, 1 cup water, lentils and bay leaf. Bring to a simmer then cover the pot, slightly vented. Let the soup cook for about 30 minutes until the lentils are soft.
- 3.Remove soup from heat, remove the bay leaves and discard. Use an immersion blender to puree the soup halfway, so that it thickens but still has texture. Pour 2 cups of water.
- 4.Put soup over medium heat again. Add the kale,

# Lentil Kale Soup with Lemon

stir the greens into the soup for 4 minutes until wilted (covering the pot will wilt them faster). Turn off the heat and stir in cilantro and fresh lemon juice to taste. Adjust seasonings if desired, and serve.