



VEGETARIAN
VEGAN

CURRIED LENTIL SOUP

INGREDIENTS

PREPARATION: 15 MINUTES

COOKING: 40 MINUTES

4 SERVINGS

- 1 tablespoon olive oil***
- 1/4 cup red onion, chopped***
- 1 tablespoon garlic, minced***
- 1 tablespoon fresh ginger, minced***
- 2 teaspoons curry powder***
- 1 teaspoon cumin***
- 1 teaspoon ground coriander***
- 1/8 teaspoon ground black pepper***
- 2/3 cup red lentils, rinsed****
- 900 ml no salt added vegetable stock***
- 1 cup frozen peas***
- 8 ounces firm tofu**, cubed***

Nutrient Analysis

PER SERVING

1/4 of recipe: 1 1/2 cups

Renal exchange:

1 1/2 Vegetable + 2 Protein + 2 Starch

Calories	282Kcal
Protein	20g
Carbohydrates	33g
Fibre	6g
Total Fat	9g
Saturated Fat	1g
Cholesterol	0mg
Sodium	97mg
Potassium	594mg
Phosphorus	312mg

**Lentils are higher in potassium and should be enjoyed in moderation.*

***You can replace the tofu with cooked chicken or turkey.*

PREPARATION

- 1** In a large sauce pan, heat the olive oil over medium heat. Sauté the onion, garlic, and ginger. Add spices and continue to sauté until the onion becomes translucent.
- 2** Once the onion has softened, add the lentils and vegetable stock. Bring the soup to a boil. Reduce the heat to a simmer and cook for approximately 30 minutes.
- 3** Add the peas and tofu to the soup. Simmer for 10 more minutes and serve.