

PREPARATION: 10 MINUTES

SOAKING: 12 HOURS

COOKING: 50 MINUTES

8 SERVINGS

ADASI LENTIL SOUP

A CLASSIC PERSIAN VEGETARIAN LENTIL SOUP



INGREDIENTS

2 ¼ cups dried green lentils*

1 tablespoon canola oil

1 medium onion, chopped (1 cup)

1 medium carrot, chopped (1 cup)

3 cloves garlic, minced

2 tablespoons onion powder

2 teaspoons turmeric powder

2 teaspoons ground cumin

2 teaspoons garlic powder

5 cups low sodium chicken broth

3 tablespoons lemon juice

2 teaspoons low sodium soy sauce

Ground black pepper to taste

Toppings

2 cups Greek yogurt (2% MF)

Lemon zest or fresh herbs for garnish, chopped (cilantro, parsley, or mint)

* Or 6 cups canned lentils, rinsed and drained. You can skip step 1. Choose product with lowest sodium content.

PREPARATION

- 1 Soak lentils in a large pot of water for 12 hours. Drain and refill pot with 7 cups of water and bring to boil. Add lentils, reduce heat, and simmer for 30 minutes. Remove from heat, drain and set aside.
- 2 Heat oil in a large pot over medium-high heat. Sauté onion and carrots for about 5 minutes, stirring occasionally. Add garlic and spices and continue to sauté until vegetables are slightly cooked.
- 3 Add cooked lentils, broth, lemon juice, soy sauce, and pepper, and bring to a boil. Cover and simmer on low heat for about 15 minutes.
- 4 Garnish with herbs, serve with yogurt and whole grain bread.

Did you know?

Following the method of soaking and boiling the lentils helps reduce potassium and phosphorus.

Source: Martínez-Pineda, M., Yagüe-Ruiz, C., Caverni-Muñoz, A., & Vercet-Tormo, A. (2019). Cooking Legumes: A Way for Their Inclusion in the Renal Patient Diet. *Journal of Renal Nutrition*, 29(2), 118-125.

Nutrient Analysis

Per serving: ½ of recipe

Calories	281 Kcal
Protein	23 g
Carbohydrates	41 g
Fibre	9 g
Sugars	7 g
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	141 mg
Potassium	458 mg
Phosphorus	274 mg