



## CURRIED LENTIL SOUP

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*March is National Nutrition Month®! The theme for 2013 is "Eat Right, Your Way, Every Day" to encourage personalized eating styles and acknowledge that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact food choices. Celebrate National Nutrition Month by enjoying this recipe, which puts a flavorful spin on traditional lentil soup.*

**Yield:** 6 servings

**Ingredients:**

3 tablespoons olive oil, divided  
1 cup chopped onion  
1 cup chopped carrot  
1 cup chopped celery  
3/4 teaspoon salt, divided  
1/2 teaspoon black pepper, divided  
2 cloves garlic, minced and divided  
2 tablespoons curry powder  
1 cup French green lentils  
1 (32-ounce) carton low-sodium vegetable broth  
1 (15-ounce) can garbanzo beans, rinsed and drained  
1/4 cup water  
1 tablespoon fresh lemon juice

**Preparation:**

1. Heat 1 tablespoon oil in a large saucepan over medium heat.
2. Add onion, carrots and celery; sauté 5 minutes.
3. Add 1/4 teaspoon salt, 1/4 teaspoon pepper, and half of garlic; sauté 3 minutes longer.
4. Add curry powder; stir to combine for 1 minute.
5. Add lentils and broth; bring to a boil.
6. Reduce heat to medium, and simmer until lentils are tender (about 30 minutes).
7. Meanwhile, puree garbanzo beans, water, lemon juice, 1/4 teaspoon salt, remaining 2 tablespoons olive oil, and remaining garlic in a food processor.
8. Add garbanzo bean puree to lentil soup, and stir to combine.
9. Season with remaining salt and pepper; add water to thin consistency and additional curry powder to taste, if desired. Serve hot.

**Nutrition Information (1 serving):** 268 Calories; 12.4 grams protein; 8.4 grams fat; 1 gram saturated fat; 37.8 grams carbohydrate; 14 grams fiber; 549.7 mg sodium, 609.2 mg potassium

For more recipes or information about FitLife Nutrition Services, please visit:

<http://recreation.ucsd.edu/fitlife/nutritional-services.html>