

Lentil Soup with Cumin Spinach Recipe



Did you know that the average American gets way too much protein? In fact, many eat 3 times the daily recommended amount, which can have serious consequences for their health.

(Watch for my blog post on Thursday when I'll explain what those consequences are and why it's especially dangerous for anyone at risk for diabetes.)

That's why plant-based protein sources are a better choice most of the time. They supply plenty of protein, as well as

fiber, vitamins, and minerals.

Today's recipe is a flavorful lentil soup that serves you up a steaming bowl of vegan protein, fiber, chlorophyll, vitamins, and minerals. It's perfect for cold winter nights. Make enough for leftovers – you're going to want them.

Give it a try and let me know what you think over on [Facebook](#).

LENTIL SOUP WITH CUMIN SPINACH

Ingredients [Serves 4]

- 1 tbsp. coconut oil
- 1 onion, diced
- 3 carrots, diced
- 5 cloves garlic, minced
- 2 cups dry lentils (green or brown, rinsed well)
- 2 tomatoes, diced
- 4 cups vegetable broth (yeast free)
- 3 cups filtered water
- 5 oz. spinach (1 bag of fresh spinach), roughly chopped
- 2 tsp. cumin
- 1 tsp. smoked paprika (or regular paprika)
- 1/2 tsp. sea salt (Celtic Grey, Himalayan, Redmond Real Salt) plus more to taste
- Black pepper to taste



Directions

In a stock pot, add 1 tbsp. coconut oil on a medium heat. Add onions and carrots and sauté for 7 to 8 minutes or so. Next, add minced garlic, cumin, smoked paprika, and sea salt to the stock pot. Sauté for another minute.

Add vegetable broth, filtered water, tomatoes, and lentils. Increase heat to high, bringing mixture to a boil. Reduce heat, and simmer for 30 minutes until lentils are fully tender.

Add roughly chopped spinach, and cook for another minute or 2 (do not cook longer than 4 minutes, otherwise all of the enzymes in the spinach will be denatured). Add sea salt and black pepper to taste serve in a bowl and enjoy!