

Lentil Minestrone

This lentil minestrone is a classic Italian soup that has a fun twist to it: sweet potato. This soup is packed with vegetables and deliciously flavored with garlic, chicken bouillon, and lemon juice.

Yield: 6 servings

Serving Size: 2 cups

Ingredients:

- 1 tablespoon olive or vegetable oil
- 1 yellow onion, peeled and chopped
- 2-3 cloves garlic, peeled and minced
- 3 carrots, scrubbed and diced into 1/4-inch pieces
- 1 celery stalk, diced into 1/4-inch pieces
- 1 sweet potato, peeled and diced into 1/4-inch pieces*
- 1 zucchini, diced into 1/4-inch pieces (or 1 cup of frozen zucchini)
- 2 cups canned low-sodium, diced tomatoes, including liquid
- 1/2 cup brown lentils, sorted and rinsed
- 8 cups water
- 1 cube low-sodium chicken bouillon
- 1 can (14.5 oz) collard greens, drained
- 2 tsp fresh lemon juice

Instructions:

1. Put a soup pot on the stove over medium-high heat. When the pot is hot, add the oil. Add onion and cook about 7 minutes until golden. Add garlic and saute until fragrant, about 30 seconds.
2. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
3. Sort, rinse and drain the lentils.
4. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat. Turn the heat down to low, cover and cook 40 minutes.
5. Add the canned collard greens and fresh lemon juice. Stir to combine. Taste and adjust seasonings.

Notes:

*Can replace sweet potato with yellow potato

Per serving: Calories 216 kcal, Carbohydrates 39g, Protein 11g, Sat Fat 2g, Sodium 196mg, Fiber 11g, Added Sugars 0g

This recipe was taken from <https://www.myplate.gov/recipes/myplate-cnpp/lentil-minestrone>