MEDITERRANEAN LENTIL SOUP

Ingredients:

- 2 Tbsp. olive oil
- 1 large yellow onion, diced small
- 2 medium carrots, diced small
- 3 stalks celery, diced small
- 5 cloves garlic, crushed
- 2 tsp ground cumin
- 1 tsp cinnamon
- 1 cup uncooked brown or green lentils
- 8 cups low sodium vegetable broth
- 4 oz. lemon juice
- 3 cups kale, chopped and lightly packed
- 1 tsp salt
- 2 tsp freshly cracked black pepper

Directions:

- Rinse the lentils in a strainer under cold water until the water runs clear.
- Heat the oil in a large soup pot set over medium-high heat. Add in the onions, carrots, and celery and cook until they become tender, about 6-7 minutes, stirring frequently. Season with salt and pepper.
- Stir in the garlic, cumin, and cinnamon. Heat until fragrant, about 60 seconds. Add the lentils to the pan and heat for 1-2 minutes to slightly toast.
- Pour in the vegetable broth and lemon juice, then bring the pot to a boil. Reduce heat to low and simmer until the lentils are tender, about 30-45 minutes.
- Stir in the greens, season with additional salt, pepper, and lemon juice to taste before serving.