

Lentil Spinach Soup Recipe

2 med. onions
3 clove garlic, finely chopped
2 T. Sun oil
3 cups veg. broth
1 tsp. sea salt
8 ounces dried lentils (about 1 1/2 cups)
1 tbsp. lemon juice
2 tbsp Nut yst.
4 cups. spinach, chopped [or] 1 10 oz. pkg. frozen chopped spinach, thawed
Optional (1 -2 cups chopped potatoes)
 (1 tsp. cayenne pepper)
 (Mushroom tomato paste)

Cook and stir onions and garlic in oil in 3 qt. saucepan over med. heat until onions are tender. Stir in broth, sea salt and lentils. Heat to boiling; reduce heat. Cover and simmer 1 hour. Stir in lemon juice and spinach. Cover and simmer until spinach is tender, about 5 minutes. 4 servings (about 1 1/4 cups each. 260 calories per serving.)