

Lentil Vegetable Soup – In Slow Cooker

This recipe makes 12 servings

Ingredients

- 1 tbsp (15 mL) vegetable oil
- 4 celery stalks, with leaves, chopped
- 2 onions, chopped
- 2 tsp (10 mL) cinnamon
- 2 tsp (10 mL) ground cumin
- 2 tsp (10 mL) ground ginger
- 2 tsp (10 mL) pepper
- 2 tsp (10 mL) turmeric
- 2 cans (each 10 oz/284 mL) vegetable stock
- 1 can (28 oz/796 mL) diced tomatoes
- 2 cups (500 mL) diced peeled seeded squash or (Sweet Potatoes)
- 3/4 cup (175 mL) green lentils or brown lentils
- 1 can (19 oz/540 mL) chickpeas, drained and rinsed
- 1 cup (250 mL) cooked small pasta or rice OR (Quinoa)
- 1 zucchini, diced
- 1/4 cup (50 mL) fresh parsley, chopped
- 1/4 cup (50 mL) fresh coriander, chopped
- 1/4 cup (50 mL) lemon juice

Preparation:

In large skillet, heat oil over medium heat; fry celery, onions, cinnamon, cumin, ginger, pepper and turmeric until onions are softened, about 5 minutes. Scrape into slow-cooker. Add vegetable stock, tomatoes, squash, lentils and 4 cups (1 L) water. Cover and cook on low until squash is tender, about 6 hours.

Stir in chickpeas, pasta and zucchini. Increase heat to high; cover and cook until pasta is hot and zucchini is softened, about 25 minutes. Stir in parsley, coriander and lemon juice.

Nutritional Info

Per each of 12 servings: -

cal	161
pro	7 g
total fat	2 g
sat. fat	trace
carb	30 g
fibre	5 g
chol	0 mg
sodium	487 mg
% RDI:	-
calcium	6%
iron	22%
vit A	23%
vit C	32%
folate	49%