



Creative Culinary Solutions

1-POT EVERYDAY LENTIL SOUP

An easy, everyday recipe for lentil soup with potatoes, carrots, kale, and simple herbs and seasonings. The perfect plant-based main or side that requires just 10 ingredients, 1 pot, and about 30 minutes to make.

DIFFICULTY:	5/20
YIELD SERVING:	8
PREPARATION TIME:	minutes
COOKING TIME:	minutes



Preparation

- Heat a large pot over medium heat. Add water, garlic, shallots, carrots, and celery. Season with a bit of salt and pepper and stir.
- Sauté for 4-5 minutes or until slightly tender and golden brown.
- Add potatoes and season with a bit more salt and pepper. Stir and cook for 2 minutes more.
- Add No-Beef Soup Base and rosemary or thyme and increase heat to medium high. Bring to a rolling simmer, add lentils and stir. Once simmering again, reduce heat to low and simmer uncovered for 15-20 minutes or until lentils and potatoes are tender.
- Add greens, stir, and cover. Cook for 3-4 minutes more to wilt.
- Enjoy as is or serve with rice, cauliflower rice, or a side of flatbread or rolls.

Ingredients

- 4 tbsp of water
- 4 cloves of garlic, minced
- 4 small shallots
- 8 large carrots, thinly sliced
- 8 stalks of celery, thinly sliced
- 1/2 tsp of sea salt
- 1/2 tsp of black pepper
- 6 cups of yellow or red baby potatoes, roughly chopped into bite-size pieces
- 8 cups of prepared [No-Beef Soup Base, Plant-Based](https://luda.ca/produit/luda-h-no-beef-soup-base-plant-based-1-x-3-5-kg-pail/) (<https://luda.ca/produit/luda-h-no-beef-soup-base-plant-based-1-x-3-5-kg-pail/>)
- 4-6 sprigs of fresh rosemary or thyme
- 2 cups of uncooked brown lentils, thoroughly rinsed and drained

4 cups of chopped sturdy greens, such as kale or collard greens

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No-Beef Soup Base, Plant-Based

1 X 3.5 kg Pail

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Allergen Free (big 10) • Gluten friendly
• Halal certified • Kosher pareve • No
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flavours • Vegan • Vegetarian
• Gluten free



LUDA H

No-Chicken Soup Base, Plant-Based

1 X 3.5 kg Pail

334025

Allergen Free (big 10) • Gluten friendly
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flavours • Vegan • Vegetarian
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