



Power Plus Lentil Soup

Antioxidant Rich; No Fat Lentils

1 medium onions, chopped
4 medium carrots, chopped
3 celery stalks, chopped
1 cup coarse chopped mushrooms
2 large cloves garlic, minced
2 Tablespoons olive oil
1 cup red or brown lentils
1 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon black pepper
1/2 teaspoon ground cumin
6 cups vegetable broth or stock, divided
1/8 teaspoon red pepper flakes or to taste
1/2 cup coarse chopped dried cranberries
3 to 4 Tablespoons shredded Parmesan cheese
Garnish: As desired, chopped parsley as desired; plain natural yogurt; sliced almonds

*Use organic ingredients if available

In a large soup pot, sauté onions, carrots, celery, mushrooms and garlic in olive oil until softened. Add lentils, curry powder, salt, ginger, black pepper, and cumin; stir until seasonings are warmed and fragrant.

Add 4 cups vegetable broth and red pepper flakes; bring to a boil; reduce heat to medium low; cook lightly covered about 15 minutes; stir occasionally; add remaining broth as necessary; cook until lentils are tender. Stir in cranberries and cheese; simmer about 5 minutes. Serve hot. Stir in chopped parsley. If desired, serve soup topped with dollops of cold yogurt; sprinkle with sliced almonds. Yield: serves 4 to 6

Cook's Note: If a thicker soup is desired: With an immersion blender, coarse blend half of soup, leaving part of it chunky; add remaining broth for desired soup consistency.

About the Recipe: The vegetable broth is filled with fiber rich lentils that absorb the wonderful flavors of far Eastern spices. The bonus is that the soup is high in nutritional value, easy to prepare, and those wonderful spices add lots of antioxidants. Serve hot with chopped green parsley, a dollop of plain yogurt, and sliced almonds. This is a soup that serves up a real power punch of health for lunch or dinner.