

# Bell Pepper LENTIL SOUP

This Bell Pepper Lentil Soup is perfect to enjoy on a cold winter day. Curl up with a steamy bowl of soup filled with healthy veggies & great flavor!



## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(467g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 840mg	<b>37%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 53mg	<b>4%</b>
Iron 3mg	<b>15%</b>
Potassium 126mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Prep time:** 20 minutes  
**Cook time:** 30 minutes  
**Serves:** 6 people

### INGREDIENTS:

**2** Red Bell Peppers, roasted & pureed  
**1** Yellow Bell Pepper, diced  
**1** Orange Bell Pepper, diced  
**1** Beefsteak Tomato, cored & diced  
**1** yellow onion, chopped  
**2** medium carrots, diced  
**2 stalks** celery, diced  
**3 cloves** garlic, crushed  
**2 tbsp.** olive oil  
**½ tsp.** cumin seed  
**½ tsp.** coriander seeds, crushed  
**6 cups** chicken or vegetable stock  
**1 cup** dry red lentils, rinsed & drained  
**1 tbsp.** tomato paste  
**4 tbsp.** chopped cilantro  
**3** green onions, sliced (for garnish)  
**Salt & pepper** to taste

### CHEF'S TIP:

Add your favorite greens like spinach or kale to give this soup even more nutrition!

### STEPS:

- Wash all produce before cooking.
- Preheat broiler on high and roast your Red Bell Peppers for up to 15 minutes, or until the skin is nicely charred. Set aside and allow to cool before peeling, seeding, and pureeing.
- In a deep saucepan, heat up your olive oil over medium heat and add your diced Yellow and Orange Bell Peppers, onions, carrots and celery. Season with salt and pepper, cooking until everything has softened.
- Add the remaining spices and garlic, cooking for an additional 1-2 minutes. Then add your stock, lentils, tomato paste, and pureed roasted Peppers.
- Bring the mixture to a boil. Cover the saucepan with a lid and simmer for 25 minutes or until the lentils are cooked. Add additional broth if needed.
- Just before serving, add the cilantro, diced Tomatoes, and green onions to your soup. Serve and enjoy!



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