

GENTLE LENTIL AND VEGETABLE SOUP

This lentil soup is a nutritious and satisfying meal that is also gentle on the digestive system. Lentils are a great source of plant-based protein and are easy to digest when soaked and rinsed before cooking. The soup also includes turmeric, a spice with anti-inflammatory properties, and zucchini for extra fiber and nutrients. Combining these ingredients makes this soup an excellent choice for those looking to support their digestive health and reduce bloating.

INGREDIENTS

2 tablespoons olive oil
1 medium yellow onion, diced
1 stalk celery, diced
1 carrot, diced
2 cloves garlic, minced
2 tablespoons tomato paste
1/2 teaspoon turmeric
1/4 teaspoon dried thyme
1 14-ounce can diced tomatoes with green chili
1 cup brown lentils (soaked overnight in filtered water)
2 cups water
4 cups vegetable broth
1 bay leaf
1 zucchini, diced
1/2 teaspoon salt
parsley (optional garnish)

MAKES 4-6 BOWLS

1 Heat the olive oil in a large pot over medium heat and add the onion, celery, carrot, and garlic to the pot. Cook for about 10 minutes or until they are tender.

2 Stir in the tomato paste, turmeric, thyme, and salt. Cook for about 2 minutes.

3 Add the canned tomatoes with their juices and cook for another 2 minutes.

4 Rinse the lentils and add them to the pot, stirring to coat them in the tomato mixture then add the water, broth, and bay leaf to the pot. Bring the mixture to a boil, then reduce the heat to low and let it simmer for about 20 minutes.

5 Add the zucchini to the pot and cook for an additional 20 minutes.

6 Remove the bay leaf from the pot and garnish with parsley, if desired. Serve the soup hot and enjoy!

NOTES

- One thing to note when cooking with lentils is that soaking and rinsing them before use can help to reduce the amount of those pesky gas-causing compounds they contain. Soak overnight and rinse. Repeat as many times as you possibly can!