



# Lentil Soup

Prep Time: 20 min

Cook Time : 60 min

Serves: 4

## NUTRITION FACTS, PER SERVING:

363 Calories

16.96 total grams of fat

855 mg of sodium



## INGREDIENTS: **\*\* Items not included in kit**

- 1/4 cup extra virgin olive oil\*\*
- 1 cup diced onion
- 3/4 cup diced carrots
- 4 garlic cloves, minced
- Lentil Soup Spices (2 tsp ground cumin, 1 tsp curry powder, 1/2 tsp dried thyme)
- 1 (28 ounces) can diced tomatoes
- 1 cup lentils, rinsed and drained
- 4 cups low sodium vegetable broth
- 2 cups water\*\*
- Salt & black pepper, to taste\*\*
- 1/4 tsp red pepper flakes—or more to you desired heat/spice preference
- 1/2 bunch kale, tough ribs removed and leaves chopped, about 1 cup
- 1 lemon, juiced
- 4 Ciabatta Rolls

## DIRECTIONS:

1. Warm the **1/4 cup olive oil** in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the **diced onions & diced carrots** and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the **minced garlic & Lentil Soup Spices**. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the **can of diced tomatoes** and cook for a 3 more minutes, stirring often. Pour in the **lentils, 4 cups vegetable broth** and the **2 cups water**. Add **1/4 tsp salt and a pinch of red pepper flakes**. Season generously with freshly ground **black pepper**. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 20 minutes, or until the lentils are tender but still hold their shape.
3. Wash **kale**, remove ribs and chop the kale leaves. Add the **chopped kale** to the soup. Cook for 5-10 more minutes, or until the greens have softened to your liking.
4. OPTIONAL: Transfer **2 cups of the soup to a blender**. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. If you don't have a blender, use a potato masher and mash the 2 cups. Pour the puréed soup back into the pot. This process gives a smoother soup.
5. Remove the pot from heat and stir in the **juice of half of a lemon**. Taste and season if needed with more **salt, pepper** or **lemon juice**.
6. To warm the frozen **ciabatta rolls**, place in a 400 degree oven for 10 minutes.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Israeli Couscous with Roasted Butternut Squash

Prep Time: 15 min

Cook Time : 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

432 Calories

20.44 total grams of fat

469 mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 2 TB olive oil\*\*
- Non-stick cooking spray\*\*
- 2 cups butternut squash, peeled and diced
- 1 TB Olive Oil\*\*
- 1 cup red onion, diced
- 2 TB Olive Oil\*\*
- 2 cups Israeli couscous
- 2 1/4 cups vegetable broth, measure out
- 1 cup raisins
- 1/2 cup sliced almonds
- 1/4 cup fresh parsley, chopped
- 1 lemon, zested
- Salt and pepper, to taste\*\*

### DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Toss diced **butternut squash** in **2 TB. olive oil**, season with **salt & pepper to taste**. Coat a cookie sheet with non-stick spray and roast **butternut squash** for 15 minutes, until soft. Set aside.
3. In a small skillet, heat **1 TB olive oil** over medium heat and sauté the **diced red onion** until translucent, about 5 minutes, season with **salt & pepper to taste**. Set aside.
4. To prepare **couscous**, bring **2 1/4 cups vegetable broth** and **2 TB olive oil** to a boil. Stir in the **couscous**, cover and simmer for 8-10 minutes, stirring occasionally. Remove from heat and fluff with a fork. Season with **salt & black pepper to taste**. Transfer cooked couscous to a large bowl.
5. To the large bowl of cooked couscous, stir in the **raisins, sautéed onions, sliced almonds, lemon zest** and **chopped fresh parsley**. Gently fold in the **roasted butternut squash**. Serve warm or cold.

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