



Lentil Soup

Prep Time: 15 min
Cook Time : 50 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 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1 large can (28 ounces) no salt diced tomatoes, drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups low sodium vegetable broth
- 2 cups water**
- 1 teaspoon salt**
- 1/4 tsp red pepper flakes
- Freshly ground black pepper to taste**
- 1 cup chopped kale, tough ribs removed
- Juice of 1/2 to 1 medium lemon, to taste

DIRECTIONS:

1. Warm the **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 **chopped onion and carrot** and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the **garlic, cumin, curry powder and thyme**. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the **drained diced tomatoes** and cook for a few more minutes, stirring often, in order to enhance their flavor.
3. Pour in the **lentils, broth** and the **water**. Add **1 teaspoon 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 30 minutes, or until the lentils are tender but still hold their shape.
4. 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 and add the **chopped greens**. Cook for 5 more minutes, or until the greens have softened to your liking.
5. Remove the pot from heat and stir in the **juice of half of a lemon**. Taste and season with more **salt, pepper** and/or **lemon juice** until the flavors really pop. Serve immediately.

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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Quinoa Salad with Sweet Potatoes and Apples

Prep Time: 10 min.

Cook Time : 1 hour 30 min.

Serves: 8

NUTRITION FACTS, PER SERVING:

342 Calories

15.72 g total fat

348 mg of sodium



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

- 1/2 cup extra-virgin olive oil**
- 1 1/2 cups quinoa (rinse and drain well before cooking)
- 1 tsp salt**
- 1 1/2 pounds sweet potatoes, peeled and cut into 3/4-inch dice
- Freshly ground pepper**
- 1/4 cup apple cider vinegar
- 2 (large) apples, cut into 1/2-inch dice
- 1/2 cup parsley, chopped
- 1/2 (medium) red onion, thinly sliced
- 6 ounces of baby kale—wash and dry before using

DIRECTIONS:

1. Preheat the oven to 400°. In a large saucepan, heat **1 tablespoon of the olive oil**. Add the **quinoa** and toast over moderate heat, stirring, for 2 minutes. Add **3 cups of water**, season with **salt** and bring to a boil. Cover and simmer the quinoa for 16 minutes. Remove from the heat and let stand for 10 minutes. Fluff the **quinoa**, spread it out on a baking sheet and refrigerate until it is chilled, about 20 minutes.
2. Meanwhile, peel and cube the **sweet potatoes**, spread on a baking sheet, and toss with **1 tablespoon of the olive oil** and season with **salt** and **pepper**. Roast for about 25 minutes, stirring once, until golden and softened. Let cool.
3. Dice the **Granny Smith** apples.
4. In a large bowl, whisk the remaining **6 tablespoons of olive oil with the apple cider vinegar**; season with **salt** and **pepper**. Add the **quinoa, sweet potatoes, apples, parsley, red onions and greens** and toss well. Serve right away.

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