



Lentil Soup

Prep Time: 20 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 (28 ounces) can 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 onions and carrots** 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. Wash, remove ribs and chop the kale. Add the **chopped kale**. 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 if needed 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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French Bread Pizza with Roasted Broccoli

Prep Time: 10 min.
Cook Time : 40 min
Serves: 4

NUTRITION FACTS, PER SERVING:

590 Calories
21 g total fat
1020 mg of sodium



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

- 4 Sandwich Rolls or Hoagie Rolls
- 1 (15 oz) can of tomato sauce
- 4 garlic cloves
- 8 oz fresh mozzarella cheese
- ½ tsp red pepper flakes
- 2 Tbsp honey
- 2 tsp dried oregano
- 3 oz kalamata olives
- 1 oz red cherry peppers
- 1 lb. broccoli florets or 1 head of broccoli
- Olive oil**
- Salt and pepper**

DIRECTIONS:

1. Keep **honey** at room temperature. Preheat the oven to 450°F. Wash and dry the **broccoli**. Cut off and discard the bottom 1/2 inch of the stem; cut the broccoli into small florets. Peel the **garlic**, then roughly chop. Halve the **rolls**. Roughly chop the **peppers** and **olives**.
2. Place the **broccoli florets** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 10 to 15 minutes, or until browned and tender when pierced with a fork. Remove from the oven.
3. While the broccoli roasts, in a small pot, heat 3 teaspoons of olive oil on medium-high until hot. Add the **chopped garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened. Add the **tomato sauce** (carefully, as the liquid may splatter) and **oregano**. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened. Turn off the heat.
4. Place the **halved rolls** on a separate sheet pan, cut side up. Evenly top with the **sauce, cheese** (tearing into bite-sized pieces before adding) and **chopped peppers and olives**. Drizzle with **olive oil**.
5. Bake the **pizzas** 15 to 17 minutes, or until the cheese is melted and the rolls are lightly browned. Remove from the oven. Let stand at least 2 minutes before serving.
6. While the pizzas bake, in a large bowl, combine the **honey** (kneading the packet before opening), **1 teaspoon of warm water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Add the **roasted broccoli** to the bowl; gently stir to coat. Serve the **baked pizzas** with the **finished broccoli** on the side.

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