

Red lentil and mushroom soup

This flavourful soup is perfect for those rainy days. The best part is it does double duty: save leftovers for tomorrow's lunch, or make a double batch and freeze for a busy day.



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
6

Ingredients

- 10 mL (2 tsp) extra virgin olive oil
- 1 pkg (227 g/8 oz) mushrooms, chopped
- 1 onion, chopped
- 1 carrot, chopped
- 60 mL (1/4 cup) chopped fresh parsley
- 15 mL (1 tbsp) dried oregano leaves
- 10 mL (2 tsp) dried thyme leaves
- 1 mL (1/4 tsp) hot pepper flakes
- 250 mL (1 cup) red lentils, rinsed
- 750 mL (3 cups) sodium reduced vegetable broth
- 500 mL (2 cups) water
- 2 mL (1/2 tsp) grated lemon rind
- 30 mL (2 tbsp) fresh lemon juice
- 75 mL (1/3 cup) crumbled light feta cheese (optional)

Directions

1. In a large pot, heat oil over medium-high heat and cook mushrooms, onion and carrot for about 5 minutes or until liquid evaporates from the mushrooms. Stir in parsley, oregano, thyme and hot pepper flakes and cook for 1 minute.
2. Add lentils and stir to combine. Add broth and water; bring to the boil. Reduce heat, cover partially and cook stirring occasionally, for about 20 minutes or until lentils are soft and falling apart.
3. Stir in lemon rind and juice. Ladle into bowls and sprinkle with feta cheese, if using.

Tips

- ✓ **Love mushrooms?** Play around with the type of mushroom or use different types together. Try **cremini, shiitake** or **oyster** mushrooms.
- ✓ Not a big fan of mushrooms? Leave them out. Use **two onions** and **two carrots** in the recipe instead.
- ✓ **Switch up your lentils.** Just note that different types of lentils take different cooking times, so check the instructions.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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