

Foodnity Recipes

Budget Meals Recipes for Easy Weeknight Dining

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**International** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup dried brown or green lentils, rinsed
- [ ] 1 large onion, finely diced
- [ ] 2 medium carrots, diced
- [ ] 2 cloves garlic, minced
- [ ] 6 cups vegetable broth or water
- [ ] 2 tbsp olive oil

Seasoning & Finish

- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp salt (or to taste)
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp fresh lemon juice
- [ ] Fresh parsley for garnish

Instructions

1. Warm the olive oil in a large pot over medium heat. Add the diced onion and carrots, cooking them gently for about 5 to 7 minutes until they're soft and the onions look translucent.
2. Stir in the minced garlic and the ground cumin. Let them cook for just a minute or two—don't let the garlic burn, or it'll get bitter. You just want the fragrance to bloom.
3. Add the rinsed lentils and pour in the vegetable broth. Bring the mixture to a gentle boil, then immediately turn the heat down to low. Cover the pot and let it simmer softly.
4. Let it simmer for about 25 to 30 minutes. Check them occasionally; you want the lentils to be tender but not completely falling apart.
5. Turn off the heat. Stir in the salt, pepper, and that bright lemon juice. Taste it—if it needs more salt, add a tiny bit more now.
6. Ladle the soup into bowls and sprinkle some fresh parsley on top. It looks so pretty and tastes fresh.

Nutrition per serving

210 kcal	14 g	32 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker consistency, you can blend one cup of the soup and stir it back in.
- Using a low-sodium broth helps you control the salt level better.
- Store in an airtight container for up to 5 days in the refrigerator.