

Foodnity Recipes

Golden Lemon Lentil Soup for Anti-Inflammatory Health

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup red lentils, rinsed well
- [ ] 1 medium onion, finely diced
- [ ] 2 medium carrots, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon olive oil
- [ ] 6 cups vegetable broth

Seasoning & Zest

- [ ] 1 teaspoon ground turmeric
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 1/2 teaspoon ground cumin
- [ ] Juice of 1 large lemon
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley for garnish

Instructions

1. Warm the olive oil in a large pot over medium heat. Add your diced onion and carrots. Let them cook slowly, maybe 5-7 minutes, until they're soft and smelling sweet.
2. Stir in the minced garlic, grated ginger, turmeric, and cumin. Let them toast for just a minute—wow, that scent is the best part. Be careful not to burn the garlic.
3. Add the rinsed red lentils and pour in the vegetable broth. Give it a good stir to make sure nothing is sticking to the bottom.
4. Bring the soup to a gentle boil, then turn the heat down to low. Cover the pot and let it simmer for about 15-20 minutes until the lentils have softened and broken down.
5. Turn off the heat. Gently stir in the fresh lemon juice. Taste it—this is where you decide if it needs a bit more salt or a crack of black pepper.
6. Ladle the soup into bowls and sprinkle with fresh parsley. It's ready to enjoy.

Nutrition per serving

210 kcal	14 g	28 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a creamier feel, you can blend a small portion of the soup and stir it back in.
- If you prefer a thicker soup, use slightly less broth or simmer for an extra 5 minutes.
- Freshly squeezed lemon is non-negotiable for the best flavor.