Foodnity Recipes

Healing Golden Lemon Lentil Soup Recipe

A warm, comforting soup with bright lemon and golden lentils, perfect for nourishing the body and soul.

10 min	30 min	40 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup golden lentils, rinsed
- [ ] 1 tbsp olive oil
- [ ] 1 onion, diced
- [ ] 3 garlic cloves, minced
- [ ] 1 tsp ground turmeric
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp ground coriander
- [ ] 4 cups vegetable broth
- [ ] 1 lemon, zested and juiced
- [ ] 1 cup kale or spinach, chopped
- [ ] Salt and pepper to taste
- [ ] Fresh parsley or cilantro for garnish

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and cook until soft and translucent, about 5 minutes.
2. Add the minced garlic, turmeric, cumin, and coriander. Stir well and cook for another minute until fragrant.
3. Add the rinsed lentils and vegetable broth. Bring to a boil, then reduce the heat to low and let it simmer for 20-25 minutes, or until the lentils are tender.
4. Stir in the chopped kale or spinach and cook for another 2-3 minutes until wilted. Add the lemon zest and juice, then season with salt and pepper to taste.
5. Ladle the soup into bowls and garnish with fresh parsley or cilantro. Serve hot with a slice of crusty bread if desired.

Nutrition per serving

220 kcal	14 g	35 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a creamier soup, blend a portion of the lentils before adding the lemon.
- If you prefer a thicker soup, reduce the broth slightly. For a thinner soup, add more broth or water.
- This soup tastes even better the next day, so don’t hesitate to make a big batch.