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Pasta with Lentil Soup Sauce

Pasta with Lentil Soup Sauce is a vegan recipe that combines the heartiness of lentils with the comfort of pasta. The lentil soup sauce is made from a blend of aromatic vegetables, herbs, and spices, creating a flavorful and nutritious dish. This recipe is perfect for vegans and those looking for a healthy and satisfying meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Lentils
300 g	Pasta
100 g	onion
100 g	carrot
100 g	celery

2	garlic
cloves	
500 ml	vegetable broth
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper
0.5 tsp	dried thyme
1 piece	bay leaf

Directions

Step 1

Boiling

Cook the lentils according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Boiling

Cook the pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

In a large pot, heat olive oil over medium heat. Add onion, carrot, celery, and garlic. Cook until vegetables are softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Add vegetable broth, cooked lentils, salt, black pepper, dried thyme, and bay leaf to the pot. Bring to a boil, then reduce heat and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Blending

Remove the bay leaf from the pot. Use an immersion blender to blend the soup until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the lentil soup sauce over cooked pasta. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 6 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian

Meal Type

Brunch Lunch Dinner Snack

Course

Breads Salads Soups Sauces & Dressings

Cultural

Cinco de Mayo

Oktoberfest

Passover

Halloween

Cost

\$10 to \$20

\$30 to \$40

Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Difficulty Level

Medium

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