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Lentil Minestra [♦]

Lentil Minestra is a hearty vegetarian soup that is traditionally made with lentils, vegetables, and pasta. It is a popular dish in Italian cuisine and is known for its rich flavor and comforting qualities. The soup is typically consumed as a main course and is a perfect meal for cold winter days.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

| | |
|-------|---------|
| 200 g | Lentils |
| 100 g | Carrots |
| 100 g | celery |
| 100 g | onion |

| | |
|---------------------------|-----------------|
| 2 cloves | garlic |
| 400 g | Tomatoes |
| 1000 ml | vegetable broth |
| 100 g | pasta |
| 2 tbsp | olive oil |
| 1 tsp | Salt |
| 1 tsp | Pepper |
| 1 tsp | Dried Oregano |

Directions

Step 1

Preparation

Rinse the lentils under cold water and set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the carrots, celery, onion, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped vegetables and sauté until they are softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Boiling

Add the lentils, tomatoes, vegetable broth, dried oregano, salt, and pepper to the pot. Bring the mixture to a boil, then reduce the heat and let it simmer for 45 minutes.

Prep Time: 5 mins

Cook Time: 45 mins

Step 5

Boiling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Simmering

Once the lentils are tender, add the cooked pasta to the pot. Stir well and let it simmer for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve the Lentil Minestra hot, garnished with fresh herbs if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 40 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 | 40 g | 72.73% | 80% |
| Fibers | 15 g | 39.47% | 60% |
| 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 | 10 g | 35.71% | 40% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Vitamin A | 500 iu | 55.56% | 71.43% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 1 mg | 76.92% | 76.92% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 100 mg | 10% | 10% |
| Iron | 5 mg | 62.5% | 27.78% |
| Potassium | 800 mg | 23.53% | 30.77% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian

American

Middle Eastern

Meal Type

Breakfast

Lunch

Brunch

Supper

Course

Salads

Snacks

Sauces & Dressings

Soups

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Sugar-Free

Kitchen Tools

Blender

Mixer

Oven

Difficulty Level

Medium

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