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## Vegan Lentil Soup

This vegan lentil soup is a hearty and nutritious dish made with red lentils, vegetables, and spices. It is a popular recipe in many vegan and vegetarian households. The soup is easy to prepare and is a great option for a healthy and filling meal.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>200 g</b>	Red Lentils
<b>150 g</b>	Carrots
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>1000 ml</b>	vegetable broth

1 tsp	Cumin
1 tsp	Turmeric
0.5 tsp	Paprika
0.5 tsp	Salt
0.25 tsp	Black pepper

## Directions

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### Step 1

Rinse the red lentils under cold water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Chop the carrots, onion, and garlic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Sautéing

In a large pot, heat some oil and sauté the chopped vegetables until they are softened.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

**Boiling**

Add the red lentils, vegetable broth, cumin, turmeric, paprika, salt, and black pepper to the pot.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 5

**Simmering**

Bring the soup to a boil, then reduce the heat and let it simmer for about 20 minutes, or until the lentils are cooked and tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

**Serving**

Serve the soup hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 1 g

**Protein:** 10 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	50 mg	5%	5%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Salads Soups Snacks

### Cultural

Chinese New Year

### Diet

Vegetarian Diet Vegan Diet Anti-Inflammatory Diet Low Glycemic Index Diet

The Scarsdale Diet The Beverly Hills Diet The Rice Diet The Israeli Army Diet

The Master Cleanse Diet The Low Oxalate Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Celiac Disease Diet

The Gallbladder Diet

**Meal Type**

Lunch

Dinner

Snack

**Difficulty Level**

Medium

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