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Vegan Lentil Soup ♦

A hearty and nutritious soup made with lentils and vegetables. This vegan soup is packed with protein and fiber, making it a healthy and satisfying meal option.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Red Lentils
150 g	Carrots
100 g	celery
100 g	onion
2 cloves	garlic
1000 ml	vegetable broth

1 tsp	Cumin
1 tsp	Turmeric
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	Olive oil
20 g	fresh parsley

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 cook until softened, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Boiling

Add the lentils, vegetable broth, cumin, turmeric, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 30 minutes or until lentils are tender.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Blending

Remove from heat and let the soup cool slightly. Use an immersion blender or a regular blender to blend the soup until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Plating

Garnish with fresh parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 2 g

Protein: 12 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	12 g	31.58%	48%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic

Course

Salads Snacks

Diet

5:2 Diet Vegetarian Diet Raw Food Diet Low Sodium Diet
Nutrient Timing Diet The Swiss Secret Diet The Scarsdale Diet
The Hollywood Diet The Lemonade Diet The Sleeping Beauty Diet
The Cookie Diet The Israeli Army Diet The Werewolf Diet
The Negative Calorie Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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