

**INGREDIENTS:**

- Nonstick olive oil spray
- 1 onion, chopped
- ½ red pepper, chopped
- 2-3 cloves garlic, minced
- 1 cup of lentils
- 1 tomato, chopped
- 2 tbsp of tomato paste
- 1 cup of frozen vegetables
- 1 medium potato, chopped (previously leached if low-potassium diet is needed)
- 2 medium carrots, chopped
- 4 cups of unsalted chicken broth (homemade)
- 2 cups of water
- ¼ cup of cilantro, chopped

**Spices:**

- 2 tbsp of garlic powder
- 2 tbsp of ground cumin
- 1 tbsp of turmeric powder
- 2 tbsp of onion powder
- 2 tbsp of dried oregano
- 2 tbsp of dried parsley

# Veggie lentil soup

**Directions**

1. Spray a large nonstick saucepan with nonstick cooking spray and set over medium heat.
2. Add the onion, red pepper, garlic, and cook until vegetables are tender.
3. Add the spices (garlic powder, cumin, turmeric powder, onion powder, dried oregano, dried parsley), lentils, tomato, tomato paste, fresh cilantro, frozen vegetables, potato, carrots, chicken broth, and water and bring to a boil.
4. Reduce heat to medium-low and simmer covered until lentils are tender.
5. Remove from heat.
6. Serve and garnish with more chopped cilantro.