



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

WINTER LENTIL SOUP

Makes 6 Servings

- 4** leeks, white and light green parts only
- 1** bunch kale
- 1** tablespoon olive oil
- 1** 28-ounce can whole tomatoes, drained
- 6** cups water
- 2** sweet potatoes, peeled and cut into 1/2-inch dice
- 1/2** cup brown lentils
- 1** tablespoon fresh thyme leaves
- 2** teaspoons kosher salt
- 1/2** teaspoon black pepper
- 12** fresh basil leaves (optional)
- 1/4** cup (1 ounce) grated Parmesan cheese (optional)

- Slice each leek in half lengthwise, then slice each half into 1/4-inch-thick half-moons (about 2 cups). Place in a large bowl of cold water and swish to remove any grit. Drain and pat dry.
- Remove stems from kale. Stack the leaves on top of one another and slice them crosswise into 1/2-inch-wide strips, you'll need 3 cups.
- Heat the oil in a saucepan over medium heat. Add the leeks and cook for 3 minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes.
- Add the water and bring to a boil. Stir in the kale, sweet potatoes, lentils, thyme, salt and pepper, and basil (if using).
- Simmer until the lentils are tender, about 30 minutes.
- Spoon into individual bowls. Sprinkle with the Parmesan (if using).