

Vegetable, Lentil, Freekeh Soup FIT

Serving size: 1 cup

Makes 16 servings

- 1/2 cup Freekeh, dry
- 1 cup Celery, diced
- 1 cup Carrots, diced
- 1 cup Yellow Onion, diced
- 1 TBSP Garlic, minced
- 1 TBSP Canola Oil
- 2.5 qt Vegetable Broth
- 1 Medium Potato, diced
- 2/3 cup Yellow Lentils, dry
- 2 TBSP White Balsamic Vinegar
- 2 Plum Tomatoes, diced
- 2 tsp Salt
- 1/4 tsp Red Pepper, flakes, crushed
- 1 TBSP Basil, chiffonade cut

Preparation:

1. Bring water to boil in a pot. Stir in freekeh and reduce to a simmer. Cook until tender. Once finished cooking, drain water and set aside to cool.
2. In a large, heavy bottom pot, sauté celery, carrots, onion and garlic in oil until soft. Add vegetable broth, potatoes, and lentils. Bring to a simmer and cook for about 45 minutes.
3. Add cooked freekeh, vinegar, tomatoes, salt, red pepper flakes, and basil. Simmer for an additional 15 minutes.

NOTE: Apple cider vinegar can be substituted for white balsamic vinegar.



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NUTRITION FACTS PER SERVING

calories	90
total fat (g)	1
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	305
total carbohydrate (g)	17
dietary fiber (g)	3
sugar (g)	2
protein (g)	4