Spiced Lentil **and** Carrot Soup

1 tbsp olive oil

1 small onion, chopped

2 cloves garlic, minced

4 medium carrots, peeled and chopped

1 tsp each dried cumin, turmeric and coriander

½ tsp salt

1 cup red lentils, rinsed

4 cups water

½ cup chopped fresh parsley

Lemon wedges

Heat oil in pot set over medium. **Add** onion and garlic. **Sauté** about 4 minutes, or until softened. **Add** carrots, and sauté 2 minutes. **Add** spices, salt and lentils, and stir to combine. **Add** water, stir, and simmer 25 minutes, or until carrots and lentils are softened. **Top** with parsley and a squeeze of lemon.

Makes 4 servings. Per serving:

154 calories | 11g protein | 4g total fat | 0.5g saturated fat | 2.5g mono fat
1g poly fat | 30g carbohydrate | 4g sugar | 8g fiber | 302mg sodium