

SLOW-COOKER MOROCCAN Lentil Soup

INGREDIENTS

2 cups chopped onions
2 cups chopped carrots
4 cloves garlic, minced
2 teaspoons extra-virgin olive oil
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
¼ teaspoon ground cinnamon
¼ teaspoon ground pepper
6 cups vegetable broth or reduced-sodium chicken broth
2 cups water
3 cups chopped cauliflower
1¾ cups lentils
1 28-ounce can diced tomatoes
2 tablespoons tomato paste
4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
½ cup chopped fresh cilantro
2 tablespoons lemon juice

PREPARATION

Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5- to 6-quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes and tomato paste and stir until well combined.

Cover and cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low.

During the last 30 minutes of cooking, stir in spinach. Just before serving, stir in cilantro and lemon juice.

Make Ahead Tip: Stir in spinach (Step 3), cover and refrigerate for up to 3 days or freeze for up to 6 months. Stir in cilantro and lemon juice just before serving.



WAC Fun Food Fact

This soup is loaded with vegetables, including a hefty amount of cauliflower. As a cruciferous vegetable, cauliflower is one of the “super vegetables” for heart health. Other common cruciferous vegetables are broccoli, Brussels sprouts, and cabbage.

NUTRITIONAL INFORMATION

Serving size: about 1¼ cups

Per serving: 153 calories; 2 g fat(0 g sat); 10 g fiber; 28 g carbohydrates; 9 g protein; 189 mcg folate; 0 mg cholesterol; 7 g sugars; 0 g added sugars; 4,735 IU vitamin A; 28 mg vitamin C; 84 mg calcium; 4 mg iron; 200 mg sodium; 690 mg potassium

Nutrition Bonus: Vitamin A (95% daily value), Folate (47% dv), Vitamin C (47% dv), Iron (22% dv)

Carbohydrate Servings: 2

Exchanges: 1 starch, 2 vegetable, ½ lean meat

Recipe from Eating Well



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