



bariatric care

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion, diced
- ☐ 2 medium carrots, diced
- ☐ 2 cloves of garlic, finely chopped
- ☐ 16 ounces red or yellow lentils (I used red), (2 1/3 cups)
- ☐ 8 cups of chicken or vegetable broth
- ☐ 1 teaspoon turmeric
- ☐ 1 1/2 teaspoons ground cumin
- ☐ 1/4 cup fresh chopped cilantro
- ☐ 2 cups baby spinach, 2 oz
- ☐ Juice of half a lemon

PERSIAN INSPIRED SOUP WITH SPINACH

Directions for cooking on stove:

1. Heat the oil in a large pot over medium heat
2. Add the onions, garlic, and carrots. Saute and stir until soft, about 5 to 6 minutes.
3. Add the turmeric and cumin. Continue cooking for 2 - 3 minutes more.
4. Stir in the lentils, add the broth, and bring to a boil. Reduce heat and cook covered on low for about 30 minutes, stirring occasionally until thickened. Remove from heat.
5. Toss in cilantro, spinach, and stir in lemon juice and serve.

Directions for Instant Pot:

1. Press saute and add the oil, garlic, onions and carrots and saute until soft, about 5 minutes, stirring.
2. Add the turmeric and cumin and continue cooking for 1 - 2 minutes. Press cancel.
3. Add the lentils and broth, cover and cook on high pressure 10 minutes.
4. Toss in cilantro, spinach and stir in lemon juice and serve.

Chef's Notes
