

Rodale's Organic Life Lentil Spinach Soup

Recipe source: <http://www.rodalesorganiclife.com/recipes/lentil-soup-with-spinach>

Total time: 46 minutes

Ingredients:

- 1 Tablespoon olive oil
- 1 1/2 teaspoons whole cumin seeds
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 cups (8 ounces) lentils, sorted and rinsed
- 5 cups water
- 1 can (14 1/2 ounces) diced tomatoes
- 2 cups packed shredded fresh spinach
- 1/2 teaspoon salt
- 8 ounces fat-free plain yogurt

Directions:

1. Fry oil and cumin seeds in heavy saucepan over medium heat for 2-3 minutes or until fragrant. Stir in onion, garlic, coriander and pepper. Cook, stirring often for 4-6 min or until tender. Stir in paprika.
2. Add lentils and water. Cover and bring to boil. Reduce heat to low and simmer covered for 30-35 minutes or until lentils are very tender.
3. Stir in diced tomatoes, spinach and salt. Simmer uncovered for 5 minutes. May serve with a swirl of nonfat plain yogurt.