PUMPED-UP NUTRITIOUS RED-LENTIL SOUP

Low in saturated fat and with a high smoke point, grapeseed oil is a healthy choice for this soup. With a mild, nutty, mild flavor, grapeseed oil contains omega-6 polyunsaturated fatty acids, vitamin E, an antioxidant to fight free radicals, and is a super vitamin for the immune system support.

Nutritional yeast has a smell and flavor similar to nutty cheese. It is a form of inactive yeast. A complete protein and popular with vegetarians because it contains the nutritional elements of meat. It also contains eighteen amino acids that are full of B-vitamins, rich in trace minerals. Nutritional yeast is the perfect addition to soups.

Add nutritional yeast at the end of cooking the soup to preserve the nutrients in the yeast.

We eat with all our senses; the edible flowers add just the right touch!

Ingredients:

2 cups organic red lentils

¼ cup organic grapeseed oil

1 teaspoon ground coriander

1 teaspoon Himalayan sea salt

⅛ teaspoon turmeric

¼ teaspoon ground mustard

2 cups organic baby spinach

6 cloves garlic, sliced

3 shallots, sliced

2 teaspoons nutritional yeast

Ground cumin for sprinkling

Aleppo pepper or crushed red pepper

Microgreens or chopped fresh cilantro for garnish

Edible flowers for garnish

Lemon wedges

In a medium stockpot or large saucepan, combine the lentils with 2 quarts of water. Bring to a simmer over low heat and cook until lentils begin to disintegrate into a purée, about 40 minutes.

2. Add the oil to a small saucepan and sauté the garlic and shallots until lightly browned about 2-3 minutes. Set aside.

3. Add coriander, Himalayan sea salt, turmeric, ground mustard, and nutritional yeast to simmering purée and stir. Bring to another simmer and add spinach, sautéed garlic, and shallots, nutritional yeast and stir. Serve in individual bowls and garnish with microgreens or chopped fresh cilantro and edible flowers.

Squeeze lemon wedge and sprinkle with cumin and pepper

Serve with toasted whole wheat pita bread or sourdough croutons.