

Broccoli & Lentil Soup

Yield: Serves 4 (serving size: 1 1/2 cups)

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon minced garlic
- ¾ - 1 cup chopped celery
- ¾ - 1 cup chopped carrot
- 2 cups chopped broccoli
- 4 cups [Chicken Stock or fat-free, lower-sodium chicken broth](#)
- 1/2 cup green lentils
- Salt & pepper to taste
- Plain yogurt (optional)
- Parmesan Cheese (optional)

Preparation

Heat a Dutch oven over medium heat. Add oil to pan; swirl to coat. Add onion, garlic, celery & carrot, and cook for 4 minutes, stirring occasionally. Stir in Chicken Stock, broccoli and lentils. Bring to a boil. Reduce heat, and simmer 30 minutes until lentils are cooked. Add salt, and pepper to taste. Puree in blender or food processor to your desired texture. Serve in bowls with a dollop of yogurt and a sprinkle of cheese.

This wonderful soup was shared by Christine 😊 Enjoy!