

Judi's Recipe Club



Southwest Veggie-Lentil Soup

Welcome to our 1st Recipe of 2018! Kevin and I love trying new recipes and normally try 3-4 new ones a week. For us to repeat a recipe (make it again) it must rate a 10 by both us. And even then, with a few exceptions we mostly try new ones. There are recipes we have created, like the Rosemary Split Pea Soup or Kevin's Bean Bowl or recipes we have found and tweaked to our liking. We always include the original recipe and our tweaks.

The Southwest Veggie-Lentil Soup rocked and was delish and the left over sour cream was great too and we used on several other dishes in the following days. Let me know if you have a question on the recipe or need my support in any way. Bon appetit~.

Ingredients

Soup:

- 1 cup red lentils
- 1 cup salsa
- 1 bay leaf
- 1 clove garlic, chopped
- 2 tsp cumin
- 1 jalapeño, sliced and halved (seeds removed)
- 1 medium onion, diced
- 1 bell pepper, diced

3 ribs of celery, sliced
4-5 cups veggie broth
1 tsp extra virgin olive oil
1/4 cup cilantro, finely chopped
salt and pepper to taste
additional water or broth as desired for consistency

Vegan Sour Cream

1 Container silken tofu (12.3oz)
1 Tbsp lemon juice
2 Tbsp apple cider vinegar
1 tsp minced garlic Himalayn pink salt to taste

Cooking Instructions Soup:

Warm a large soup pot over high heat. Add in the extra virgin olive oil and the onion, celery, bell pepper and garlic. Stir around and cook until the veggies caramelize on the edges and start to soften. (we omitted the oil and used veggie broth) Add all the remaining soup ingredients (except the chopped cilantro) and place lid on soup pot. Turn heat down to low-medium. Allow the soup to simmer for 15-20 minutes to cook the lentils. Once the lentils are soft and cooked through you soup is technically "done." But the longer you allow the soup to simmer at a low temperature, the more the flavors will intensify and the ingredients soften. Note: If you like a "crunchier" less cooked texture to the veggies, serve right after the lentils are cooked through. Add more veggie broth or water as desired to thin out the soup consistency, if desired. I added in a few splashes of water.

Vegan Sour Cream:

Place all ingredients in a food processor, blender or high speed blender, and blend until well mixed. (we omitted the salt)

To Serve:

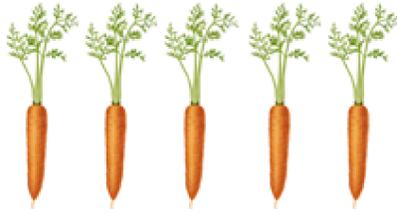
Fold in the chopped cilantro. It will wilt into the hot soup. Pour the soup into bowls and drizzle the sour cream on top. Add a fresh leaf of cilantro and an avocado slice.

(Do not serve the soup with the bay leaf - you can either keep it in the "leftovers pot" for added flavor or discard once the soup is cooked.)

Original Soup Recipe: kathypatalsky.com

Vegan Sour Cream: ohsheglows.com

Our Rating ...



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