Lentil and Split Pea Soup With Fennel and Orange

Source: The Cheese Trap, by Neal Barnard, MD; recipe by Dreena Burton, chef, founder of PlantPoweredKitchen.com

Thanks to the split peas and lentils, this recipe is loaded with fiber! Serve with whole-grain toast or crackers.

About the Recipe

258 Calories · 16 g Protein · 17 g Fiber
Lunch · Dinner

Ingredients

Makes 4+ Servings

- 2 tbsp (30 mL) water
- 1 onion, diced
- 1 fennel bulb, chopped
- 2 parsnips, chopped
- 2 carrots, chopped
- 1 tsp (5 mL) ground ginger
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried rosemary
- 1 tsp (5 mL) fennel seed
- 1 1/4 tsp (6.2 mL) iodized salt
- 1 c (196 g) dried yellow split peas, rinsed and drained
- 1 c (192 g) dried red lentils, rinsed and drained
- 5 c (1.2 L) water
- 2 dried bay leaves

- 1/2 c (120 mL) freshly squeezed orange juice

Directions

1. In a large soup pot over medium heat, combine 2 tbsp (30 mL) water, onion, fennel, parsnip, carrots, ginger, paprika, oregano, rosemary, fennel seed, and salt and stir to combine.
2. Cover and cook for 8 to 10 minutes, until onions soften; stir occasionally and add an extra splash of water if sticking.
3. Add the split peas and lentils to the pot along with the 5 cups water and the bay leaves.
4. Stir to combine. Increase the heat and bring to a boil.
5. Reduce the heat to low, cover, and simmer for 50 to 60 minutes (or a little longer) until the split peas and lentils are completely softened.
6. Remove and discard the bay leaves.
7. Stir in the orange juice and season with additional salt and pepper if desired.

Nutrition Facts

Per serving

Calories: 265 kcal
Fat: 1 g
    Saturated Fat: <0.5 g
    Calories From Fat: 4%
Cholesterol: 0 mg
Protein: 16 g
Carbohydrates: 33 g
Sugar: 6 g
Fiber: 18 g
Sodium: 528 mg
Calcium: 88 mg
Iron: 5 mg
Vitamin C: 17 mg
Beta-Carotene: 362 mcg
Vitamin E: 0.6 mg