

# 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