Greek Lentil and White Bean Soup With Olive and Tomato Gremolata

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

This soup combines the heartiness of beans and lentils with subtle spices.

About the Recipe

304 Calories · 21 g Protein · 14 g Fiber
Lunch · Dinner
Gluten-free · Nut-free

Ingredients

Makes 5 Servings

- 2 tsp (10 mL) lemon zest
- 2-3 tbsp (30-45 mL) finely chopped fresh parsley
- 2 tbsp (30 mL) finely chopped kalamata or dry cured olives
- 1 tomato, finely chopped
- 1 1/2 c (240 g) chopped onion
- 1/2 c (51 g) diced celery
- 4 tsp (20 mL) dried oregano
- 1/2 tsp (2.5 mL) allspice
- 1/8 tsp (0.6 mL) ground cinnamon
- 1 1/4 tsp (6.2 mL) iodized salt
- to taste freshly ground black pepper
- 4 1/4 c (1, L) water
- 1 c (192 g) dried red lentils
- 3 c (555 g) cooked white beans
- 1 garlic clove

- 1/4 c (60 mL) freshly squeezed lemon juice

Directions

1. To prepare the gremolata: In a small bowl, combine 1 tsp (5 mL) of lemon zest, the parsley, olives, and tomatoes. Stir thoroughly and set aside.
2. To prepare the soup: In a soup pot over medium-high heat, combine the onion, celery, oregano, allspice, cinnamon, salt, pepper, and 3 tablespoons of the water. Stir, cover, and cook for 5 to 6 minutes, stirring once.
3. Add the lentils, 2 c (358 g) of the cooked white beans, and the remaining 4 c (950) of water. Increase the heat to bring the mixture to a boil. Reduce the heat to low, cover, and simmer for 20 minutes.
4. Turn off the heat and use an immersion blender to puree until smooth. Stir in the remaining 1 c (264 g) cooked white beans and grate the garlic into the soup. Add the lemon juice and extra 1 tsp (5 mL) of zest and stir. Taste and add additional salt and pepper if desired.
5. Top each bowl with a few teaspoons (45-75 mL) of the gremolata and serve.

Nutrition Facts

Per serving

Calories: 306 kcal
Fat: 1.5 g
    Saturated Fat: <0.5 g
    Calories From Fat: 4%
Cholesterol: 0 mg
Protein: 21 g
Carbohydrates: 41 g
Sugar: 4 g
Fiber: 15 g
Sodium: 637 mg
Calcium: 155 mg
Iron: 8.3 mg
Vitamin C: 16 mg
Beta-Carotene: 255 mcg
Vitamin E: 1.5 mg