

# LENTIL & KALE SOUP

## INGREDIENTS

- 8 C** Trader Joe's Vegetable Broth
- 1 1/2 C** Red Lentils (rinsed)
- 2** Carrots (sliced in thin rounds)
- 2** Onions (diced)
- 1 bunch** Kale (remove from stem) (chop)
- 1 clove** Garlic
- 1/4 t** Red Pepper Flakes (optional)
- 1 T** Parsley (chopped or ground)
- Lemon (zest from 1/2)



## DIRECTIONS

- 1** Add the broth, lentils, carrots, onions, kale & garlic to a large pot
- 2** Bring to a boil & let cook until the lentils are tender ( 15-20 minutes)
- 3** Stir in the red pepper flakes, parsley & lemon zest

## NOTES

Serves 4 - 6

