



## QUICK RED LENTIL SOUP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

### INGREDIENTS

1 cup vegetable stock  
1 cup of lentils  
Olive oil  
1 cup of diced carrot,  
onion and celery  
1/2 - 1 cup formula  
1/2 tsp smoked paprika  
1/2 tsp cumin  
1 cup brown rice or  
couscous  
Juice of 1/2 lemon

**Calories/serve** = 600

**Protein/serve** = 20g

### DIRECTIONS

1. Heat olive oil in pot. Add carrots, onion, and celery. Saute until the onion is translucent, about 5-6 mins.
2. Add the garlic and stir until fragrant (30s). Add smoked paprika, cumin and lentils.
3. Boil 1 cup of rice or couscous separately.
4. Add 1 cup stock and 1/2 - 1 cup formula. Stir and bring to simmer for 10 mins then add lemon juice.
5. In blender, mix this soup with cooked rice/couscous.
6. Add stock/formula/milk/water to reach desired consistency.

### NOTES

- Blend to consistency of pancake batter.
- This is two servings for a tubie. To batch or cook for the family, double or triple the portions.