SLOW-COOKER MOROCCAN Lentil Soup

INGREDIENTS

- 2 cups chopped onions
- 2 cups chopped carrots
- 4 cloves garlic, minced
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground pepper
- 6 cups vegetable broth or reduced-sodium chicken broth
- 2 cups water
- 3 cups chopped cauliflower
- 1¾ cups lentils
- 1 28-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- ½ cup chopped fresh cilantro
- 2 tablespoons lemon juice

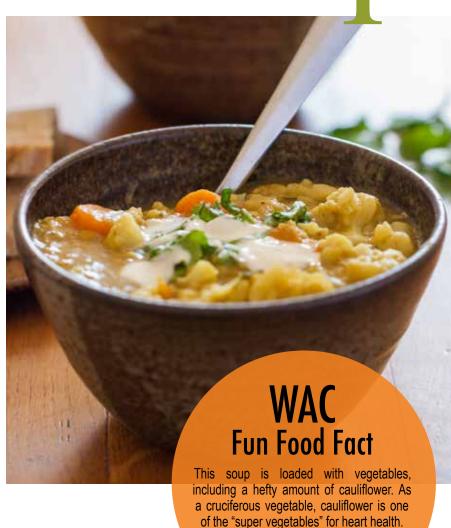
PREPARATION

Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5- to 6-quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes and tomato paste and stir until well combined.

Cover and cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low.

During the last 30 minutes of cooking, stir in spinach. Just before serving, stir in cilantro and lemon juice.

Make Ahead Tip: Stir in spinach (Step 3), cover and refrigerate for up to 3 days or freeze for up to 6 months. Stir in cilantro and lemon juice just before serving.



NUTRITIONAL INFORMATION

Serving size: about 11/4 cups

Per serving: 153 calories; 2 g fat(0 g sat); 10 g fiber; 28 g carbohydrates; 9 g protein; 189 mcg folate; 0 mg cholesterol; 7 g sugars; 0 g added sugars; 4,735 IU vitamin A; 28 mg vitamin C; 84 mg calcium; 4 mg iron; 200 mg sodium; 690 mg potassium

Nutrition Bonus: Vitamin A (95% daily value), Folate (47% dv), Vitamin C (47% dv), Iron (22% dv) Carbohydrate Servings: 2

Exchanges: 1 starch, 2 vegetable, 1/2 lean meat

Recipe from Eating Well



Other common cruciferous vegetables

are broccoli, Brussels sprouts,

and cabbage.