**Moroccan Lentil Soup Submitted by Nancy Harrison, TLC**

From Nancy Harrison’s Kitchen

Like most soups, this healthy Moroccan lentil soup recipe gets better with time, so make it a day ahead if possible.

Total: 1 hr 30 mins

Servings: 12

Ingredients

 2 teaspoons extra-virgin olive oil

 2 cups chopped onions

 2 cups chopped carrots

 4 cloves garlic, minced

 1 teaspoon ground cumin

 1 teaspoon ground coriander

 1 teaspoon ground turmeric

 ¼ teaspoon ground cinnamon

 ¼ teaspoon ground pepper

 6 cups 6 cups vegetable broth or reduced-sodium chicken broth

 2 cups water

 3 cups 3 cups chopped cauliflower (about 1/2 medium)

 1 ¾ cups lentils

 1 (28 ounce) can 1 28-ounce can diced tomatoes

 2 tablespoons tomato paste

 4 cups 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed

 ½ cup chopped fresh cilantro

 2 tablespoons lemon juice

Directions:

Heat oil in a soup pot or Dutch oven over medium heat; add onions and carrots and cook, stirring occasionally, until softened, about 10 minutes. Stir in garlic and cook for 30 seconds. Add cumin, coriander, turmeric, cinnamon and pepper; cook, stirring, until fragrant, about 1 minute.

Add broth, water, cauliflower, lentils, tomatoes and tomato paste; bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, until the lentils are tender but not mushy, 45 to 55 minutes. Stir in spinach and cook until wilted, 5 minutes.

Just before serving, stir in cilantro and lemon juice.

Nutrition Facts

Serving Size: About 1 1/4 Cups

Per Serving:

151 calories; protein 9.3g; carbohydrates 27.5g; dietary fiber 9.4g; sugars 6.8g; fat 1.5g; saturated fat 0.2g; cholesterol 0mg; vitamin a iu 4985.1IU; vitamin c 27.4mg; folate 187.4mcg; calcium 73.8mg; iron 3.8mg; magnesium 53.9mg; potassium 683.5mg; sodium 599.3mg; thiamin 0.6mg.

**Brain Boost Soup Submitted by Linda Hamilton, TLC**

Ingredients

 8 cups - veggie broth

 4 thin slices of ginger, lightly crushed

 1/4 c rolled oats

 1 med carrot, thinly sliced & rinsed

 2 C Nappa cabbage cut into 1" pieces

 1 lg tomato, pealed and cut into 1" pieces

 4 Shiitake mushrooms (caps quartered, stem not used)

 1 can kidney beans

 2 T fresh lemon juice

 1/2 t sesame oil

 salt - to taste

 1 green onion, thinly sliced.

Directions

In a large pot, bring broth, ginger and oats to boil - medium high heat. Simmer for 15 minutes. Add carrots and beans. Cook for 5 minutes. Add cabbage, tomato, mushrooms. Cooks for 10 minutes. Season w/ lemon juice, sesame oil and salt. Sprinkle green onion over the top before serving.