

## Italian Black Beluga Lentil Soup

14.4% of calories from fat

Black Beluga® Lentils have a natural nutty taste to them and what happens in this food combination is just delightful. One spoonful of this soup and you will be hooked! Just the right amount of everything with each ingredient lending its own special taste!

### Ingredients

- 8½ cups vegetable stock or broth (no added oils), divided
- 1 large yellow onion, chopped
- 1 cup fennel bulbs, cored and chopped
- 2 tablespoons fennel seeds
- 6 cloves garlic, minced
- 2 cups organic Black Beluga® Lentils
- 1 sweet potato, 5" long, peeled and chopped
- 1 teaspoon red wine vinegar
- 2 whole bay leaves
- ¼ teaspoon crushed red pepper
- 4 cups mustard greens, chopped
- ¼ cup vegan sour cream (no added oils) - Plant Pure Nation Cookbook recipe (used in this calculation)
- 1 teaspoon salt



### Directions

1. Heat a sauté pan on the stove. Add 2 tablespoons of stock/broth and heat at medium-high heat. Add onion, fennel, and fennel seeds and heat for 7 minutes until slightly browned, stirring frequently and adding stock/broth 2 tablespoons at a time if dry. Add garlic and cook 30 seconds until fragrant. Transfer to a slow cooker.
2. Add the remaining stock/broth, the lentils, sweet potato, vinegar, bay leaves, and red pepper. Set the slow cooker on high and cook for 4 hours.
3. 15 minutes before cooking is done, add mustard greens and stir.
4. When soup is finished cooking, stir in sour cream.
5. Remove the bay leaves and add salt as indicated or to taste.

**Serves 8.**

**Nutritional Information:** 250 calories per serving, 1 ¼ cups per serving, 4g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 380mg sodium, 44g total carbohydrate, 12g dietary fiber, 3g total sugars, 14g protein, 0mcg (0%) vitamin D, 93mg (8%) calcium, 5mg (25%) iron, 346mg (8%) potassium.