Mediterranean Lentil and Veggie Soup

Hearty lentil soup packed with Mediterranean vegetables and fresh herbs, perfect for a nourishing, high-protein low-carb meal.

Servings: 2 **Time:** 50 minutes

Ingredients

- 1 cup dry brown lentils, rinsed
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 medium zucchini, diced
- 1 medium red bell pepper, diced
- 1 cup diced tomatoes (canned or fresh)
- 4 cups low-sodium vegetable broth
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon smoked paprika
- Salt and black pepper to taste
- 2 cups fresh spinach, roughly chopped
- 1 tablespoon fresh lemon juice
- Fresh parsley for garnish

Instructions

1. In a large pot, heat olive oil over medium heat. Add onion and garlic, sauté until translucent, about 4 minutes.
2. Add diced zucchini and red bell pepper. Cook for 5 minutes, stirring occasionally.
3. Stir in rinsed lentils, diced tomatoes, vegetable broth, oregano, basil, smoked paprika, salt, and pepper.
4. Bring to a boil, reduce heat to low, cover and simmer for 30-35 minutes until lentils are tender.
5. Add fresh spinach and cook for an additional 5 minutes until wilted.
6. Remove from heat and stir in lemon juice.
7. Serve hot, garnished with fresh parsley.

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