

# Lentil-Spinach Soup and Mint Chutney

**Makes:** 6 Servings

“When I was younger, I would love to play with lentils until I realized from my mom that they are very nutritious,” says Ganesh. “I love green vegetables and decided to make a new recipe with vegetables and lentils. Last summer my mom and I planted a few mint plants in our garden. I loved to eat the fresh leaves. I don’t want to waste those precious leaves and came up with a mint recipe with lentils. I would serve this with 2 cups of rice, a glass of 2% milk, and a bowl of berries with ½ cup yogurt.”



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	352	
Total Fat	4 g	6%
Protein	23 g	
Carbohydrates	58 g	19%
Dietary Fiber	9 g	36%
Saturated Fat	0.5 g	3%
Sodium	452 mg	19%

## MyPlate Food Groups

Vegetables	1 1/4 cups
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## Ingredients

For the mint chutney:

- 1/2 cup** soaked dried split chickpeas
- 1 teaspoon** olive oil
- 2 cups** packed fresh mint leaves
- 1 cup** chopped onion
- 2** fresh green chiles, seeded and thinly sliced
- 1 clove** garlic, minced
- 1/3 tablespoon** tamarind paste
- 1/2 teaspoon** salt
- 1/2 cup** water

For the lentil soup:

- 2 cups** cooked red lentils
- 2 cups** chopped spinach
- 1/4 cup** chopped onions
- 1/2 teaspoon** salt
- 6 cups** water
- 1 teaspoon** olive oil
- 2** fresh green chiles, seeded and thinly sliced
- 1/4 teaspoon** mustard seed
- 1/4 teaspoon** crushed red pepper
- pinch** turmeric
- pinch** cumin seed

## Directions

### **Make the mint chutney:**

1. In a medium bowl, soak the split chickpeas in 4 cups of water for 30 minutes. Drain the chickpeas and set aside.
2. While the chickpeas are soaking, in a small sauté pan over low heat, warm the oil. Add the mint, onion, green chiles, and garlic and sauté, stirring occasionally, for 3 minutes.
3. Remove the pan from the heat and let the mixture cool. Transfer to a blender, add the tamarind paste and salt along with the soaked chickpeas and ½ cup water and blend to make a paste.

### **Make the lentil soup:**

1. In a large saucepan over moderate heat, combine the

red lentils, spinach, onion, and salt and cook for 10 minutes. Add the 6 cups of water, reduce heat to low, and simmer for 20 minutes.

2. While the soup is simmering, in a small sauté pan over low heat, warm the oil. Add the green chiles, mustard seed, crushed red pepper, turmeric, and cumin seeds and toast, stirring, until the mustard seeds pop, about 2 minutes.

3. Stir the spice mixture into the soup, divide the soup among bowls, and top with the mint chutney.

## Notes

State: Pennsylvania

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The Epicurious 2013 Healthy Lunchtime Challenge Cookbook