

Lentil Soup with Whole-Grain Bread (Middle East & South Asia)

Category: Lunch |Cuisine: Middle Eastern, South Asian

Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins

- **Ingredients:**
- 1 cup red lentils
- 4 cups vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 tsp cumin
- Salt and pepper to taste
- 1 slice whole-grain bread

Instructions:

1. Rinse lentils thoroughly.
2. Heat olive oil in a pot and sauté onion, garlic, and carrots until fragrant.
3. Add lentils, broth, cumin, salt, and pepper.
4. Simmer for 20 minutes or until lentils are tender.
5. Serve hot with whole-grain bread.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	320 kcal
Protein	18 g
Carbohydrates	40 g
Fat	5 g
Fiber	7 g

Tips:

- ✓ Add lemon juice for extra freshness.
- ✓ Garnish with parsley or cilantro for flavor.