GREEK · DINNER · LUNCH

Fakes: Greek Lentil Soup

Φακές

60 min · Serves 6 · 368 kcal a serve · Video 4:25 · Dimitra's Dishes

Vegan · Gluten-free ingredients · No nuts listed

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19 g protein and 18 g fibre a serve (31 g net carbs) from brown lentils simmered in tomato and olive oil, with salt to taste and no stock, so it stays within DASH sodium.

Diet notes: Low saturated fat (1.8 g, 4% of the energy); DASH-friendly (500 mg sodium a serve).

Ingredients 10 · SERVES 6

- [ ] **Lentils**: 450–500 g dried green or brown lentils
- [ ] 60 ml **olive oil**
- [ ] 2 **carrots**, diced
- [ ] 1 small **onion**, finely chopped
- [ ] 3 **garlic** cloves, chopped or grated
- [ ] **Dried herbs**: 3 bay leaves and 1 tsp dried crushed oregano
- [ ] 425 g **canned tomatoes**, puréed
- [ ] **salt and black pepper**, to taste
- [ ] **red wine vinegar**, to serve
- [ ] a drizzle of **olive oil**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cover the lentils with plenty of cold water in a saucepan, bring to a boil without salt, then drain. This makes the soup lighter and easier to digest. 0:37
2. In a large pot, soften the carrots and onion in 60 ml olive oil over medium heat for about 10 minutes, then stir in the garlic until fragrant. 1:13
3. Add the lentils, bay leaves, tomatoes, salt, pepper and oregano, and enough water to cover the lentils by at least 2–3 cm. Bring to a boil, then cover and simmer on low about 30 minutes until tender. 1:45
4. Taste and adjust the seasoning. For a heartier, traditional soup, Dimitra simmers in 120 ml rice with 470 ml more water for 15–20 minutes (optional, not in the numbers). 2:13
5. Serve in bowls with a splash of red wine vinegar and a drizzle of olive oil. 3:12

> **Tip** Serves about 6 (our estimate; Dimitra's card doesn't say). Leaving out the rice keeps it lower in carbs; Dimitra sometimes crumbles feta on top (also not in the numbers). Freezes for up to 3 months.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
368 kcal	19 g	49 g	18 g	12 g	500 mg
1,540 kJ	38% of a day	31 g net · 8.2 g sugars	64% of a day	1.8 g saturated	22% of a day
		18% of a day		16% of a day	

Energy from net carbs 40% · protein 25% · fat 35%

High in (20%+ of a day) Folate 93% · Iron 43% · Vitamin B6 29% · Zinc 26% · Vitamin A 23% · Potassium 22% · Magnesium 21%

Source of (10–19%) Vitamin E 19% · Vitamin C 14% · Vitamin K 14% · Selenium 11% · Omega-3 11%

Recipe and video: Dimitra's Dishes on YouTube — youtube.com/watch?v=VPdIelyzI5Q. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fakes-greek-lentil-soup