MEDITERRANEAN · DINNER · LUNCH

Mediterranean Lentil Soup with Zucchini and Basil

45 min · Serves 4 · 268 kcal a serve · Video 8:15 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

About 12 g fibre, 13 g protein and 21 g net carbs a bowl, rich in folate and a good source of iron, vitamin B6 and vitamin K: green lentils simmered in water rather than broth with zucchini, celery, carrot, tomato and basil. DASH-friendly as written; salt to taste.

Diet notes: Low saturated fat (1.6 g, 5% of the energy); DASH-friendly (420 mg sodium a serve).

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Ingredients 15 · SERVES 4

- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 small **zucchini**, finely chopped (skin on)
- [ ] 1 small **onion**, finely chopped
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 2 **celery** stalks, finely chopped
- [ ] 1 **carrot**, peeled and finely chopped
- [ ] 1 tsp **dried oregano**
- [ ] ½ tsp **dried thyme**
- [ ] ¼ tsp **crushed red pepper flakes**
- [ ] 2 **tomatoes**, finely grated (about ½ cup)
- [ ] 1 cup **dried green lentils**, rinsed
- [ ] 4¼ cups **water**
- [ ] ¼ cup chopped **fresh basil**
- [ ] 1 tbsp (1 tbsp) **lemon juice**
- [ ] **Salt**: sea salt and black pepper, to taste

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

Allergens found in the listed ingredients: Celery. 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. Heat the olive oil in a stockpot over medium heat and finely chop the zucchini, leaving the skin on. 1:44
2. Sauté the zucchini 4–5 minutes, stirring every minute or so, then lift it out and set it aside. Meanwhile chop the onion, garlic, celery and carrot. 2:17
3. In the same pot, sauté the other vegetables about 4 minutes without browning them, then stir in the oregano, thyme and chilli flakes. 3:04
4. Add the grated tomato and simmer 3–4 minutes until slightly thick. Rinse the lentils in a sieve meanwhile. 3:35
5. Add the lentils and 4¼ cups water, bring to a boil over high heat, then cover and simmer on low about 20 minutes, until just tender. 4:47
6. Turn off the heat, return the zucchini (adding it late keeps it from going mushy), then stir in the basil, lemon juice, salt and pepper. 5:31

Tip Any lentil works; just follow the cooking time on the packet.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
268 kcal	**13 g**	**33 g**
1,120 kJ	25% of a day	21 g net · 5.6 g sugars
		12% of a day

FIBRE	FAT	SODIUM
12 g	**11 g**	**420 mg**
43% of a day	1.6 g saturated	18% of a day
	14% of a day	

Energy from net carbs 36% · protein 22% · fat 42%

High in (20%+ of a day) Folate 64% · Iron 27% · Vitamin K 27% · Vitamin B6 24%

Source of (10–19%) Vitamin C 19% · Zinc 18% · Vitamin A 18% · Potassium 16% · Magnesium 15% · Vitamin E 14% · Omega-3 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=H8O1elTJSIc. 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/mediterranean-lentil-soup-zucchini-basil