

Spicy Red Lentil & Kale Soup

Recipe from John Curtin School of the Arts

Traffic light category: **Green**

Serves: 30

Ingredients

- 4 tablespoons olive oil
- 4 teaspoons cumin powder
- 2 teaspoons paprika
- 2 teaspoons chilli powder
- 8 cloves garlic, crushed
- 4 brown onions, diced
- 6 red capsicums, diced
- 6 carrots, peeled and diced
- 5½ litres water
- 4 tablespoons salt reduced vegetable stock powder
- 4 x 425g tins crushed tomatoes
- 4 x 375g bags red lentils, washed and drained
- 1 bunch kale, washed and chopped into medium sized pieces

Method

1. Heat olive oil in a large stock pot, add cumin, paprika, chilli and garlic, cook for 1 minute or until fragrant
2. Add onion, capsicum and carrots, stir until vegetables start to soften
3. Add water, stock powder, tinned tomatoes and lentils, simmer until lentils have softened
4. Add kale and cook until leaves have wilted.

Nutrition information panel

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Energy | 1000kJ | 256kJ |
| Protein | 14g | 3.6g |
| Total fat | 3.8g | 0.9g |
| Saturated fat | 0.5g | 0.14g |
| Carbohydrate | 33g | 8.3g |
| Sugars | 7.2g | 1.86g |
| Dietary fibre | 7.1g | 1.8g |
| Sodium | 66mg | 16mg |



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