



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

1 cup dry brown or green lentils,
rinsed and drained

1 tablespoon extra-virgin olive
oil (optional, [learn more](#))

½ cup finely chopped onion

6 cloves garlic, minced

6 cups low-sodium vegetable
broth

2 teaspoons chopped fresh
thyme

2 teaspoons chopped fresh
oregano

2 cups chopped peeled butternut
squash

1 cup finely chopped tomato

¼ teaspoon crushed red pepper

2 tablespoons lemon juice

Sea salt, to taste

Freshly ground black pepper, to
taste

6 cups packed fresh spinach,
chopped

1 tablespoon lemon zest

Lentil and Spinach Soup

Fresh herbs, zesty lemon, and spicy red pepper flakes deliver a trifecta of tastiness in this nourishing spinach soup. Nutrient-dense **lentils** add heft and lend their starchy texture as a thickening agent for the **savory broth**, ensuring each bite is rich and creamy. Cubes of butternut squash get melt-in-your-mouth tender while the wilted greens add vibrant pops of color. A little bit of chopped tomato adds a hint of acidity so each spoonful is packed full of complex flavor. Serve this wholesome soup alongside a slice of crusty whole wheat bread to soak up the excess broth or add in a cup of precooked whole grains for an additional dose of plant-based goodness.

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 3 g total fat, and 1 g saturated fat per serving.

For more hearty vegan soups and stews, check out these tasty ideas:

- [Instant Pot Mushroom-Barley Stew](#)
- [Curried Butternut Squash and Cauliflower Stew](#)
- [Hearty Vegan Red Bean Chili](#)
- Or check out our full collection of [nourishing soup recipes](#)

By Darshana Thacker Wendel

- 1 In a bowl combine lentils and 3 cups hot water. Let soak at least 20 minutes.
- 2 For oil-free: Heat a large saucepan over medium. Add onion, garlic, and ¼ cup water. Cook 10 minutes or until onion is tender, stirring occasionally. *(If using oil: Heat a large saucepan over medium. Add olive oil, then add onion and garlic. Cook 10 minutes or until onion is tender, stirring occasionally.)*
- 3 Drain lentils; add to saucepan along with vegetable broth, thyme, and oregano. Bring to boiling; reduce heat. Cover and simmer 20 minutes. Stir in squash, tomato, and crushed red pepper. Cover and cook 20 minutes more or until squash is tender. Stir in lemon juice. Season with salt and black pepper.
- 4 Stir in spinach and lemon zest. Cook 1 to 2 minutes more or until spinach wilts slightly. Serve immediately.