



Makes 7 cups
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup dry brown lentils, rinsed and drained
1 tablespoon onion powder
1½ teaspoons garlic powder
1 bay leaf
1½ lb. Yukon gold potatoes, cut into ½-inch dice (4 cups)
2 large carrots, cut into ⅛-inch-thick coins (1 cup)
2 cups chopped kale (1-inch pieces), stems separated from leaves
2 tablespoons lemon juice
Sea salt and freshly ground black pepper, to taste

8-Ingredient Lentil Soup with Potatoes and Kale

Made with everyday ingredients, this hearty **lentil** soup fills you up without emptying your wallet. The meaty flavor of cooked-from-scratch lentils creates a rich, earthy base for this **budget-friendly** soup, while onion and garlic powder add extra body. Tender chunks of potato and carrot give you something to sink your teeth into, kale adds green goodness, and a splash of lemon juice brightens the flavor (a great trick for just about any soup). Serve a steaming bowl of this family-friendly soup with whole grain bread, or enjoy a smaller portion as a starter. Ready in 45 minutes, this scrumptious eight-ingredient soup tastes even better the next day, so consider making double!

For more inspiration, check out these tasty ideas:

- [Lentil and Spinach Soup](#)
- [Mediterranean Lentil and Spinach Soup](#)
- [Clean-Your-Pantry Lentil-Vegetable Stew](#)
- [Vegan Minestrone Soup with Potatoes and Kale](#)

By Darshana Thacker Wendel

- 1 In a large saucepan combine lentils, onion powder, garlic powder, bay leaf, and 4 cups water. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until lentils are tender.
- 2 Add potatoes, carrots, chopped kale stems, and 2 cups water. Return to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until potatoes are tender.
- 3 Stir in chopped kale leaves, lemon juice, and 1 cup water. Season with salt and pepper. Cook 4 to 6 minutes more or until kale is tender. Serve warm.