



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

INGREDIENTS:

1 small onion, chopped (1 cup)
 $\frac{3}{4}$ cup dry brown lentils, rinsed
1 carrot, chopped ($\frac{1}{2}$ cup)
1 stalk celery, chopped ($\frac{1}{2}$ cup)
3 cloves garlic, minced
4 cups vegetable stock
1 teaspoon dried basil, crushed
1 teaspoon dried oregano, crushed
1 large zucchini, chopped ($1\frac{1}{4}$ cups)
4 ounces uncooked whole-grain elbow macaroni or quinoa
 $\frac{1}{2}$ cup sun-dried tomatoes (not packed in oil), thinly sliced
4 cups torn fresh kale
1 (14.5-ounce) can crushed tomatoes
 $\frac{1}{4}$ teaspoon sea salt

Lentil Minestrone

Lentils add a hearty note to a minestrone soup made with zucchini and kale. A combination of both dried and canned tomatoes gives the broth complex tomato flavor without any additional salt or spices. Quinoa is recommended as a gluten-free alternative to pasta. For extra oomph, swirl some [Basil Pesto](#) into each bowl at the table.

By Carla Christian, RD, LD

- 1 In a 4-quart Dutch oven or soup pot, combine the onion, lentils, carrot, celery, garlic, stock, basil, and oregano. Add $1\frac{1}{2}$ cups water. Bring to a boil over high heat; reduce heat to medium-low. Cover and simmer for 30 minutes.
- 2 Stir in the zucchini, macaroni (or quinoa), and sun-dried tomatoes. Simmer, uncovered, for 3 minutes. Stir in the kale, crushed tomatoes, and salt. Simmer, uncovered, until the macaroni (or quinoa) is cooked, checking package instructions for cook time.