ITALIAN · LUNCH · DINNER

Italian Lentil Soup (Lenticchie for New Year's Eve)

Lenticchie

55 min | Serves 5 | 273 kcal a serve | Video 8:29 in Italian · Chef Stefano Barbato

Vegan | Gluten-free ingredients | No nuts listed

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15 g fibre, 16 g plant protein and 25 g net carbs a serve from a simple lentil and vegetable soup; very rich in folate and a good source of iron.

Diet notes: Low saturated fat (0.9 g, 3% of the energy); DASH-friendly (400 mg sodium a serve).

Ingredients 12 · SERVES 5

- [ ] 350 g **dried lentils** (brown, green or black)
- [ ] **Water**: about 1 litre boiling water, plus a little more hot water as needed
- [ ] 1 **onion**, finely chopped
- [ ] 1 **carrot**, finely diced
- [ ] 4–5 **cherry tomatoes**, quartered
- [ ] 1 **celery** stalk, in large pieces (lifted out before serving)
- [ ] 1 **garlic** clove, crushed in its skin (lifted out before serving)
- [ ] 2 **bay leaves** (lifted out before serving)
- [ ] extra **virgin olive oil**, a drizzle to cook and another to serve (about 2 tbsp)
- [ ] a handful of **fresh parsley leaves**, chopped (added raw)
- [ ] **salt**, to taste
- [ ] **freshly ground black pepper**

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. Rinse the lentils well and check for small stones (soak them only if the packet says so). 1:20
2. Finely chop the onion and dice the carrot small. Cut the celery into 3–4 big pieces so you can fish it out later, quarter the tomatoes and crush the garlic in its skin. 1:46
3. Put a drizzle of oil in a pot (terracotta is ideal) with the onion, carrot, celery, garlic, bay leaves and tomatoes, and let them sizzle gently to release their flavour. 2:30
4. Meanwhile bring about 1 litre of water to the boil in another pot. 3:02
5. Add the drained lentils to the vegetables and stir for 30 seconds, then pour in boiling water to two fingers above the lentils. Cover and bring to the boil over medium heat. 3:13
6. Turn the heat to the lowest setting and cook for 30–40 minutes, depending on the lentils. Keep hot water to hand and add some whenever they have absorbed it (after about 20 minutes). 3:44
7. For the last 5 minutes add salt and plenty of black pepper, stir, cover and finish cooking. 4:29
8. Lift out the garlic, bay leaves and celery. Serve with chopped raw parsley, more pepper and a drizzle of olive oil. 5:31

> **Tip** Serves 5 is our estimate: 70 g dried lentils each, a usual Italian portion. Lentils are eaten on New Year's Eve for luck, often with cotechino sausage; this is the plain everyday version. Loosen leftovers with hot water.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
273 kcal 1,140 kJ	16 g 33% of a day	40 g 25 g net · 5.4 g sugars 15% of a day	15 g 54% of a day	6.2 g 0.9 g saturated 8% of a day	400 mg 18% of a day

Energy from net carbs 46% · protein 29% · fat 25%

High in (20%+ of a day) Folate 83% · Vitamin K 36% · Iron 34% · Vitamin B6 23% · Zinc 22%

Source of (10–19%) Potassium 17% · Magnesium 17% · Vitamin A 15% · Vitamin C 11%

Recipe and video: Chef Stefano Barbato (@ChefStefanoBarbato) on YouTube — youtube.com/watch?v=6KrJVvLyEwQ, published 30 December 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/zuppa-di-lenticchie-capodanno