

FRENCH ONION *LENTIL* SOUP

SHOPPING LIST

Serves 6-8

2 15 oz cans lentils, drained and rinsed; or 3 cups cooked lentils (about 1¼ cups dry lentils)

2 large yellow onions, thinly sliced

16 oz cremini mushrooms, sliced

2 carrots, diced

2 celery stalks, diced

4 cloves garlic, minced

5 to 6 cups bone broth or vegetable broth

1 tbsp tomato paste

1 tbsp balsamic vinegar

1 tbsp thyme (fresh or dried)

1 tsp rosemary, finely chopped (fresh or dried)

Olive oil

Salt & pepper

Chopped fresh parsley, for serving

Optional topping: Shredded Gruyère or Parmesan Cheese

Is there anything better than a cozy meal when the weather starts to turn chilly? This French onion-inspired soup, with a little nutritional strategy behind it, fits the bill. Caramelized onions, deeply roasted mushrooms, hearty lentils, and nourishing bone broth come together for a rich, flavorful bowl. Lentils deliver both protein and fiber, while mushrooms add plenty of volume and savoriness. The result is a balanced, satisfying meal that can fit into a variety of nutrition goals.

DIRECTIONS

1. **Roast vegetables.** Preheat the oven to 425˚F. Toss onions and mushrooms separately with olive oil, thyme, rosemary, salt, and pepper. Spread on separate sheet pans and roast for 25-35 minutes, tossing halfway, until golden and caramelized. The onions may need more time.
2. **Make the soup base.** Heat a drizzle of olive oil in a large pot. Sauté carrots and celery for 5-7 minutes. Add garlic and tomato paste; cook for 1-2 minutes. Stir in balsamic vinegar and broth, scraping up any browned bits from the pot (this is extra flavor!).
3. **Bring it all together.** Add roasted vegetables and both cans of lentils to the soup base. Simmer for 10-15 minutes. Season to taste as needed.
4. Finish with parsley and optional grated Gruyère or Parmesan.

VOLUME & FIBER FOR A LOWER CARB DISH

Lentils for protein & fiber: Just ½ cup of cooked lentils provides approximately 8 grams of plant-based protein and 9 grams of fiber, helping make this soup hearty and filling.

Mushrooms for volume & flavor: One cup of raw mushrooms contains fewer than 20 calories and about 2-3 grams of carbohydrates, adding savory umami flavor and volume without significantly increasing the calorie or carbohydrate content.

Did you know? Lentils belong to a family of foods called pulses. Research suggests that enjoying these fiber-rich foods may help support steadier blood sugar after meals, making them a powerhouse of a pantry staple.

GUSSMARKET.COM