
Golden Turmeric Lentil Soup with Lemon and Kale

A nourishing anti-inflammatory soup combining protein-rich lentils, vibrant turmeric, and fresh lemon. Perfect for steady energy and blood sugar balance.

Prep: 10 min

Cook: 50 min

Total: 60 min

Servings: 8

GL 4.8 / GI 20

Ingredients

brown or green lentils, picked and rinsed

extra virgin olive oil

yellow onion, finely chopped

carrots, chopped

garlic cloves, minced

ground cumin

ground coriander

ground turmeric

fresh ground black pepper

low-sodium chicken broth or vegetable broth

fresh kale or spinach, shredded

fresh lemons

fresh parsley or dill, chopped

fine sea salt

Instructions

Step 1

Place a large Dutch oven or heavy-bottomed pot over medium heat and add the olive oil. Once shimmering, add the finely chopped onion, carrots, and a pinch of salt. Sauté the vegetables for 6 to 8 minutes, stirring occasionally, until they soften and become fragrant with a slight caramelization at the edges.

Step 2

Add the minced garlic, ground cumin, coriander, turmeric, and black pepper to the pot. Stir continuously for about 30 to 45 seconds until the spices become aromatic and coat the vegetables evenly. This blooming process releases the essential oils and deepens the flavor profile.

Step 3

Pour in the rinsed lentils and broth, stirring to combine all ingredients thoroughly. Increase the heat to high and bring the mixture to a rolling boil. Taste the broth and season with salt according to your preference, keeping in mind that the flavors will concentrate as the soup simmers.

Step 4

Once boiling, reduce the heat to maintain a gentle simmer. Partially cover the pot with a lid, leaving a small gap for steam to escape. Allow the soup to cook for 35 to 40 minutes, stirring occasionally, until the lentils are tender but still hold their shape. They should be creamy inside without becoming mushy.

Step 5

Remove the lid and stir in the shredded kale or spinach, pushing it down into the hot liquid. Continue cooking uncovered for an additional 5 minutes until the greens wilt and become tender while maintaining their vibrant color.

Step 6

Remove the pot from the heat. Squeeze the juice from one lemon into the soup and stir in the chopped fresh herbs. Taste and adjust the seasoning with additional salt or lemon juice as needed to achieve a bright, balanced flavor. The acidity should complement the earthy lentils without overpowering them.

Step 7

Ladle the soup into bowls and serve immediately, garnished with thin lemon slices and extra fresh herbs if desired. For a creamier texture, use an immersion blender to partially blend the soup, leaving some whole lentils for textural contrast. Store leftovers in an airtight container in the refrigerator for up to 5 days, adding a splash of broth when reheating if needed.