
Golden Turmeric Lentil Soup with Lemon and Greens

A nourishing, blood-sugar-friendly lentil soup featuring anti-inflammatory turmeric, fiber-rich lentils, and bright lemon—perfect for steady energy all day.

Prep: 10 min

Cook: 50 min

Total: 60 min

Servings: 7

GL 5.2 / GI 20

Ingredients

brown or green lentils, picked and rinsed

extra virgin olive oil

about 1 medium onion yellow onion, finely chopped

about 2 large carrots carrots, chopped

garlic cloves, minced

ground cumin

ground coriander

ground turmeric

fresh ground black pepper

about 8 cups low-sodium vegetable broth or chicken broth

about 2 heaping cups kale or spinach, stems removed and shredded

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for juice and serving fresh lemons

fresh parsley or dill, chopped

adjust to taste fine sea salt

Instructions

Step 1

Warm the olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once shimmering, add the chopped onion, carrots, and a pinch of salt. Sauté for 6 to 8 minutes, stirring occasionally, until the vegetables soften and the onions become translucent and fragrant.

Step 2

Add the minced garlic, cumin, coriander, turmeric, and black pepper to the pot. Stir constantly 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 vegetable broth, stirring to combine everything thoroughly. Increase the heat to high and bring the mixture to a rolling boil. Taste the broth and add salt as needed—start with half a teaspoon and adjust based on your broth's sodium content.

Step 4

Once boiling, reduce the heat to maintain a gentle simmer. Cover the pot partially with the lid slightly ajar to allow steam to escape. Cook for 35 to 40 minutes, stirring occasionally, until the lentils are tender but still hold their shape. They should be creamy inside without turning mushy.

Step 5

Remove the lid completely and stir in the shredded kale or spinach. Continue simmering uncovered for an additional 5 minutes until the greens wilt and become tender. The soup should have a hearty, brothy consistency with visible whole lentils and vegetables.

Step 6

Remove the pot from heat. Squeeze the juice of half a lemon into the soup and stir in the fresh chopped herbs. Taste and adjust seasoning with additional salt or lemon juice as desired. The lemon should brighten the flavors without overpowering the earthy spices.

Step 7

Ladle the soup into bowls and serve hot. For extra lemon flavor and visual appeal, garnish each serving with a thin lemon slice. If you prefer a creamier texture, use an immersion blender to partially blend the soup, leaving some lentils and vegetables whole for texture. Store leftovers in an airtight container in the refrigerator for up to 5 days.