

Comforting Soup

Discover our delicious vegetarian comforting soup recipe, perfect for chilly days. Made with fresh and flavorful ingredients, this soup will warm your body and soothe your soul.



Preparation **15** min

Cooking **30** min

Servings **4**

Nutrition Facts (per serving)

Calories 310 kcal

Fat 17 g

Carbohydrates 46 g

Fibre 6 g

Protein 17 g

Sodium 210 mg

- 375 ml (1 ½ cup) broccoli, cut in small pieces

Préparation

- 5 ml (1 tsp) turmeric
- 1 ml (1/4 tsp) cayenne pepper
- 30 ml (2 tbsp) food yeast
- Salt and pepper to taste
- Add 5 cups of sodium-reduced vegetable stock
- Add potatoes, carrots and broccoli and stir in
- 30 ml (2 tbsp) natural peanut butter
- Add the turmeric, cayenne pepper, yeast, salt and pepper and mix again.
- 125 ml (1/2 cup) rinsed dry green lentils
- Add the broth, peanut butter and lentils to the preparation



Gabrielle Simard

Culinary Creator

medium-high heat for about 7