

Food Babe's Mexican Lentil Tortilla Soup



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	4

<https://foodbabe.com/mexican-lentil-tortilla-soup>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 cup yellow onion, diced
- ½ cup celery, diced
- 1 cup carrot, diced
- 2 garlic cloves, minced
- ½ cup lentils, rinsed and drained
- 6 cups vegetable broth (without yeast extract)
- 1 14 oz can crushed tomato
- ½ jalapeño pepper, seeded and minced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon sea salt, to taste
- ¼ teaspoon black pepper, to taste
- ¼ cup fresh cilantro, chopped
- 3 [sprouted corn tortillas](#)

Toppings:

- 1 avocado, peeled and sliced
- ¼ cup goat cheese
- 1 lime

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the onion, celery and carrots and cook until tender, 8-10 minutes. Add the garlic and cook 1 minute. Add the lentils, vegetable broth, tomatoes, jalapeno, cumin, coriander, salt, pepper, cilantro and tortilla strips. Bring to a boil and turn down the heat to a simmer. Cook for 20-25 minutes.
2. To serve, place some of the soup in a bowl and top with the sliced avocado and goat cheese. Enjoy!

Notes:

- This recipe can also be used in a slow cooker, just throw all ingredients into the pot, and cook on high for 4-6 hours
- Please use all organic ingredients if possible