



Kelp Noodle Soup

Ingredients

Amount

Kelp Noodles: Gold Mine	½ a package
Low sodium Beef Broth: Pacific Organic	4 cartons
Red Onions	1 large
Garlic	4-6 cloves
Green French Lentils	1 Cup
Olive oil	1 TBS
Liquid Aminos: Braggs	2 tsp
Worcester Sauce: Lea & Perrins	2 tsp
Turmeric	1 tsp
Coriander powder	1 tsp
Cumin	1 tsp
Paprika	1 tsp
Chili pepper	1 tsp

Preparation:

- Peel and slice onions and garlic and set aside.
- Heat up oil in a large pot on medium high.
- Add onions and garlic to oil and sautee to golden brown
- Rinse lentils and add to onions and mix well.
- Add spices and sauces and mix.
- Add broth and cover.
- Lower heat to medium and cook for 40 minutes.
- Add Kelp noodles and cover.
- Cook for 20 additional minutes.
- Serve hot.

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 186

% Daily Value *

Total Fat 5 g **8 %**

Saturated Fat 1 g **5 %**

Monounsaturated
Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 1069 mg **45 %**

Potassium 79 mg **2 %**

Total

Carbohydrate 25 g **8 %**

Dietary Fiber 9 g **34 %**

Sugars 6 g

Protein 9 g **19 %**

Vitamin A **9 %**

Vitamin C **4 %**

Calcium **9 %**

Iron **16 %**
