

# Lentil and Split Pea Soup With Fennel and Orange

Source: The Cheese Trap, by Neal Barnard, MD; recipe by Dreena Burton, chef, founder of PlantPoweredKitchen.com

Thanks to the split peas and lentils, this recipe is loaded with fiber! Serve with whole-grain toast or crackers.

## About the Recipe

**258 Calories · 16 g Protein · 17 g Fiber**  
**Lunch · Dinner**

## Ingredients

***Makes 4+ Servings***

- 2 tbsp (30 mL) water
- 1 onion, diced
- 1 fennel bulb, chopped
- 2 parsnips, chopped
- 2 carrots, chopped
- 1 tsp (5 mL) ground ginger
- 1 tsp (5 mL) paprika
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) dried rosemary
- 1 tsp (5 mL) fennel seed
- 1 1/4 tsp (6.2 mL) iodized salt
- 1 c (196 g) dried yellow split peas, rinsed and drained
- 1 c (192 g) dried red lentils, rinsed and drained
- 5 c (1.2 L) water
- 2 dried bay leaves

- 1/2 c (120 mL) freshly squeezed orange juice

## Directions

1. In a large soup pot over medium heat, combine 2 tbsp (30 mL) water, onion, fennel, parsnip, carrots, ginger, paprika, oregano, rosemary, fennel seed, and salt and stir to combine.
2. Cover and cook for 8 to 10 minutes, until onions soften; stir occasionally and add an extra splash of water if sticking.
3. Add the split peas and lentils to the pot along with the 5 cups water and the bay leaves.
4. Stir to combine. Increase the heat and bring to a boil.&nbsp;
5. Reduce the heat to low, cover, and simmer for 50 to 60 minutes (or a little longer) until the split peas and lentils are completely softened.
6. Remove and discard the bay leaves.&nbsp;
7. Stir in the orange juice and season with additional salt and pepper if desired.

## Nutrition Facts

*Per serving*

**Calories:** 265 kcal

**Fat:** 1 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 4%

**Cholesterol:** 0 mg

**Protein:** 16 g

**Carbohydrates:** 33 g

**Sugar:** 6 g

**Fiber:** 18 g

**Sodium:** 528 mg

**Calcium:** 88 mg

**Iron:** 5 mg

**Vitamin C:** 17 mg

**Beta-Carotene:** 362 mcg

**Vitamin E:** 0.6 mg