*Broccoli and Lentil Soup*

*Ingredients*

1 tbsp (15 mL) **butter**

1 medium onion, chopped

3 cloves garlic, minced

1/8 tsp (.5 mL) hot pepper flakes (I would Omit!)or smoked paprika

Salt and pepper

1/3 cup (75 mL) dried red lentils, rinsed (Or canned green and rinse!)

2 1/2 cups (625 mL) low-sodium vegetable or chicken broth

4 cups (1 L) chopped broccoli (stems and florets separated)

4 cups (1 L) chopped packed trimmed kale (if you don’t want to use the kale…up the broccoli!)

2 cups (500 mL) heated **milk/LF milk**

2 tbsp (30 mL) freshly squeezed lemon juice or white wine vinegar

*Preparation*

In a pot, melt butter over medium heat. Sauté onions, garlic, hot pepper flakes and 1/4 tsp (1 mL) each salt and pepper for about 5 minutes or until softened and starting to turn golden. Stir in lentils, broth and broccoli stems. Cover and bring to a boil over high heat.

Stir in broccoli florets, kale and milk. Reduce heat to medium-low, cover and simmer, stirring occasionally and adjusting heat to prevent boiling, for 15 to 20 minutes or until lentils and vegetables are soft.

Use an immersion blender in the pot or transfer soup to a blender or food processor, in batches, and purée, until smooth or slightly chunky, as desired.

Return to pot, if necessary. Heat over medium heat until steaming, but do not let boil. Stir in more milk if soup is too thick. Drizzle in lemon juice while stirring. Season with up to 1/4 tsp (1 mL) salt and pepper to taste.