

RECIPE

Lentil-Barley Soup with Brussels Sprouts

🕒 30 minutes / 1 serving

READY IN UNDER AN HOUR, but even better when you let it stew, this soup recipe needs a spot in your fall dinner rotation. Roasted brussels sprouts and sauteed shallot create a flavorful base, but the lentils and barley are the real star here, providing nearly your entire daily fiber goal in a single serving!

INGREDIENTS

- ¾ cup halved brussels sprouts
- salt and pepper to taste
- 2 tsp extra-virgin olive oil, divided
- 1 shallot, finely chopped
- 1 small carrot, finely chopped
- 1¼ cups low-sodium vegetable broth
- ½ cup cooked lentils
- ½ cup cooked barley
- ½ tsp Italian seasoning



INSTRUCTIONS

- 1 PREHEAT** oven to 425F. Toss brussels sprouts with salt and pepper and 1 tsp of the oil on a small sheet pan.
- 2 ROAST** until tender, 15-20 minutes.
- 3 HEAT** remaining 1 tsp oil in a small saucepan over medium-high. Cook shallot and carrot until softened, 3-5 minutes.
- 4 STIR** in broth, lentils, barley, Italian seasoning, and salt and pepper. Bring to a boil.
- 5 REDUCE** heat and simmer for 5 minutes.
- 5 TOP** off with the roasted brussels.

NUTRITIONAL INFO PER SERVING

CALORIES

430

PROTEIN

16 g

FIBER

18 g