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All lentils name

1 / 20My family makes lentil soup every new year for good luck. My mom has been making it since I was little. Over time, we've tweaked it so that all our family and friends love it. —Kristen Heigl, Staten Island, New York 2 / 20When my husband's cholesterol numbers rose, I quickly lowered the fat in our family's diet. Finding dishes that were healthy for him and yummy for our five children was a challenge, but this fun taco recipe was a huge hit with everyone. —Michelle Thomas, Bangor, Maine 3 / 20This hearty and healthy stew will warm your family right down to their toes! Serve with cornbread or rolls to soak up every last morsel. —Jan Valdez, Chicago, Illinois 4 / 20Taste of HomeI cook with lentils often because they're a nutritious, inexpensive source of protein. This low-fat soup is one of my favorite ways to use them. To make it even heartier, add ground beef, cooked sausage or leftover cubed chicken. —Rachel Keller, Roanoke, Virginia 5 / 20You can prepare this soup as the main course in a hearty lunch or dinner. On cold winter evenings here in New England, I've often enjoyed sipping a steaming mugful in front of our fireplace. —Guy Turnbull, Arlington, Massachusetts 6 / 20Taste of HomeI fell in love with the spicy aromas in this slow-cooked lentil stew. Add whatever ingredients you have on hand, like zucchini, spinach, kale and corn. —Heather Gray, Little Rock, Arkansas 7 / 20 My family has requested this meatless recipe over and over again. It is simple to prepare and even meat lovers like it. —Geri Lucas, Oldsmar, Florida 8 / 20Warm up loved ones on frosty winter nights with a gift of this hearty, stick-to-the-ribs soup mix. Packed in pretty glass jars, it looks just as good as it tastes! Be sure to include preparation instructions and a list of additional ingredients needed with your gift card. —Taste of Home Test Kitchen, Milwaukee, Wisconsin 9 / 20Taste of HomeI made this one summer evening by putting together what I had on hand. My husband gave it his top rating. —Mary Ann Hazen, Rochester Hills, Michigan 10 / 20Lentil lovers will want a second bowl of this nourishing soup with a subtle touch of curry. It looks particularly appealing thanks to the color added by the fresh spinach. —Kim Russell, North Wales, Pennsylvania 11 / 20Taste of HomeWith a truckload of acorn squash in my pantry, I wanted to make stuffed squash in lots of different ways. A bottle of Greek seasoning got my creativity flowing. —Teri Rasey, Cadillac, Michigan 12 / 20Taste of HomeI was really craving a hot delicious soup—something filling and healthy. I looked around my kitchen for a few ingredients, then created this recipe. Pumpkin adds creamy richness and body. —Amy Blom, Marietta, Georgia 13 / 20Garlic and spices brighten up my hearty pumpkin soup. It's just the thing we need on a chilly fall day. —Laura Magee, Houlton, Wisconsin 14 / 20An Ethiopian recipe inspired this feel-good dinner that's tangy, creamy and packed with hearty comfort. —Rachael Cushing, Portland, Oregon 15 / 20I've been trying to eat more meatless meals, so I experimented with this hearty saute and served it over brown rice. It was so good that even those who aren't big fans of kale gobbled it up. —Teri Rasey, Cadillac, Michigan 16 / 20My mother has diabetes, so I often prepare this dish for her. I wanted a hearty soup that hits the spot on cold autumn nights, so I paired the lentils with turkey bacon and a handful of spices. —Nicole Hopping, Pinole, California. 17 / 20Taste of HomeGive your friends the gift of good health. Red lentils are a protein powerhouse, and loaded with folate, iron and fiber. Oh, and this soup tastes amazing, too. —Taste of Home Test Kitchen 18 / 20This recipe came to me from a friend who had worked at a health food store. I changed a few things until I found a version that my family loved. My son doesn't like things too spicy, so I make the stew milder for him and add a sprinkle of extra spice in mine. My husband, who farms, works outdoors for long hours at a time and finds this soup hearty enough to keep him satisfied. —Melanie MacFarlane, Bedeque, Prince Edward Island 19 / 20Taste of HomeMy version of beef stew is comfort food with a healthy twist. I use lentils and red quinoa rather than potatoes. If leftover stew seems too thick, add more beef stock when reheating. —Margaret Roscoe, Keystone Heights, Florida 20 / 20At my house, we're all crazy for chowder. This meatless version is loaded with root veggies and spices—cinnamon, cardamom and allspice—that really say fall. —Mary Anne Thygesen, Portland, Oregon Originally Published: June 21, 2018 Recipes from real home cooks, tested in our kitchens and delivered right to your inbox! Skip to main contentHome Recipes Cooking Style Comfort FoodClassic comfort food at its finest! Simmer a pot of easy lentil soup on the stovetop for a simple meal that everyone loves. With crispy bacon, protein-packed lentils and plenty of fresh veggies, this is a nourishing one-pot meal to keep your weeknights stress-free. Serve a warm bowl with a French baguette, corn muffins or buttermilk biscuits and watch your family smile!How to Make Easy Lentil SoupYou'll love the convenience of this flavorful soup, which comes together on the stovetop in about an hour. If you're looking ahead to a busy week, prepare a pot on the weekend and reheat the soup for easy lunches, or freeze your leftovers for another meal.Ingredients4 slices thick-cut bacon, chopped2 cups dry brown or green lentils, rinsed and drained1 large sweet onion, diced3 medium carrots, peeled and chopped2 stalks celery, diced1-½ tablespoons fresh minced garlic½ teaspoon cumin¼ teaspoon paprika½ teaspoon reheat the soup for easy lunches, or freeze your leftovers for another meal.DirectionsStep 1: Cook the baconBlair Lonergan for Taste of HomeIn a large soup pot or Dutch oven, cook the bacon over medium heat until crisp (about 5 minutes). Remove the bacon with a slotted spoon and set aside to use as a garnish on top of the soup later. Leave the bacon drippings in the pot.Step 2: Cook the vegetablesBlair Lonergan for Taste of HomeAdd the carrots, celery and onion to the pot. Cook and stir over medium heat for 6 to 8 minutes, or until they're starting to soften.Step 3: Add remaining ingredientsBlair Lonergan for Taste of HomeAdd the garlic, cumin, paprika, thyme, salt, pepper and bay leaf, cook for 1 more minute.Stir in the lentils, chicken stock, and crushed tomatoes. Bring to a boil. Reduce heat to low, simmer, covered, for 30 to 35 minutes (or until lentils and vegetables are tender). Remove bay leaf.Step 4: PureeBlair Lonergan for Taste of HomeUsing an immersion blender, pulse about 3 times to puree a small portion of the lentils and vegetables. If you don't have an immersion blender, you can transfer about 1 or 2 cups of the soup to a regular blender to puree. Stir the pureed portion into the rest of the soup to give the soup a thicker, creamier texture.Step 5: ServeBlair Lonergan for Taste of HomeLadle the soup into individual bowls and garnish each serving with the reserved crispy bacon and chopped fresh parsley.What to Serve with Homemade Lentil SoupThis soup is thick, satisfying and perfectly filling on its own. That said, here are a few sides that pair well with lentil soup:FAQs About Lentil SoupWhich lentils are best?Blair Lonergan for Taste of HomeI recommend using dried brown or green lentils for this soup because they're sturdy and don't break down into mush during the cooking process.Do you have to soak lentils before cooking them?No. That's yet another reason that this soup is so easy! You do not have to soak lentils before cooking them. Just rinse the lentils, pick out any irregular or bad ones, and drain them before adding them to your pot.Is lentil soup healthy?Yes! Lentils are an excellent source of vitamins and minerals such as Iron, Potassium, Folate and Niacin. Enjoying lentils may help to reduce the risk of coronary heart disease, lower cholesterol, add healthy fiber to your diet and reduce triglycerides. Plus, they're a great source of vegetarian protein.Thanks to all of the vegetables and lentils in one bowl of soup, you get a hearty and satisfying meal that's full of nutrition. A pot of this easy lentil soup yields approximately 13 to 14 cups. Each 1-cup serving includes about 180 calories, 5 grams of fat, 24 grams of carbohydrates, a whopping 10 grams of fiber, 3 grams of sugar and 11 grams of protein.Recipe Variations for This Lentil SoupVegetarian. You can make this a vegetarian recipe with a couple of simple tweaks. Omit the bacon and instead saute the vegetables in 1 tablespoon of olive oil. Instead of the chicken stock, use vegetable stock (or vegetable stock).Add Sausage. Add a pound of Italian sausage without casings (or other sausage of choice) to the soup. You'll need to brown the meat in a skillet and drain off the fat before adding it to the soup pot.Use Ham. Simmer the soup with a meaty ham bone or ham hock for plenty of rich, smoky flavor. When done, chop the meat from the bone and stir it into the soup (discard the bone).Skip the Puree. I like to puree a small amount of the soup to give the dish a thicker, creamier texture. If you don't have an immersion blender, or if you just don't want to bother with this step, that's fine. The soup will still be delicious!Note: Recipes submitted for our trusted contributors are created and tested in their kitchens. Taste of Home This is a wonderful addition to potlucks, and comes together so easily! 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