

PREPARATION: 15 MINUTES | COOKING: 40 MINUTES | SERVINGS: 4

# CURRIED LENTIL SOUP

## INGREDIENTS

- 1 tablespoon olive oil
- ¼ cup red onion, chopped
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 teaspoons curry powder
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground black pepper
- ¾ cup red lentils\*, rinsed
- 32 oz no salt added vegetable stock
- 1 cup frozen peas
- 8 oz firm tofu, cubed

**SUGGESTION:** You can replace the tofu with cooked chicken or turkey.

\* Lentils are higher in potassium and should be enjoyed in moderation

## PREPARATION

- 1** In a large sauce pan, heat the olive oil over medium heat. Sauté the onion, garlic, and ginger. Add spices and continue to sauté until the onion becomes translucent.
- 2** Once the onion has softened, add the lentils and vegetable stock. Bring the soup to a boil. Reduce the heat to a simmer and cook for approximately 30 minutes.
- 3** Add the peas and tofu to the soup. Simmer for 10 more minutes and serve.



# CURRIED LENTIL SOUP



### Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic exchanges:</b>	
2 Meat + 2 Starch + 1 Lower-Potassium Vegetable	
Calories	253Kcal
Protein	15g
Total Carbohydrate	35g
Fiber	6g
Sugars	6g
Fat	7g
Saturated	1g
Cholesterol	0mg
Sodium	245mg
Potassium	502mg
Phosphorus	205mg
Calcium	156mg
Iron	5mg
Magnesium	57mg
Vitamin C	9mg

### Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

## POTASSIUM CHECK ✓

# Protein From Plant Sources

Early in the course of chronic kidney disease (CKD), people typically should reduce the amount of protein they eat, especially from foods higher in protein such as animal protein found in meat. Research has shown that substituting nuts, legumes and low-fat dairy for red or processed meats may help slow the progression of CKD.

Legumes such as beans, peas and lentils are great sources of protein, complex carbohydrates and dietary fiber while being low in fat. They are considered healthful as they boost heart health, promote bowel regularity and may help stabilize blood sugar levels. Additionally, they make you feel full longer, helping you to resist the temptation to eat unhealthy snacks that are high in sodium and phosphorus.

Legumes however are higher in potassium, therefore individuals who have CKD or are receiving dialysis should enjoy them in moderation. Ask your renal dietitian what amount of legumes in your diet is right for you.

Reference: Dietary Protein Sources and Risk for Incident Chronic Kidney Disease: Results from the Atherosclerosis Risk in Communities Study. Journal of Renal Nutrition 27:233-242, 2017.

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