CURRIED LENTIL SOUP

INGREDIENTS

1 tablespoon olive oil
¾ cup red onion, chopped
1 tablespoon garlic, minced
1 tablespoon fresh ginger, minced
2 teaspoons curry powder
1 teaspoon cumin
1 teaspoon ground coriander
⅛ teaspoon ground black pepper
½ 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.
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.