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Description

This Mediterranean Lentil and Potato Soup brings robust Mediterranean flavors to your table with simmered brown lentils, tender potatoes, garlic, and fresh herbs. It offers a velvety, hearty texture from partially blended lentils, making each spoon cozy and satisfying. Packed with plant-based protein and rich dietary fiber, this soup is an ideal high protein dinner option for clean eating.

Can This Mediterranean Lentil and Potato Soup Support Weight Loss Goals?

Yes, this soup supports weight loss goals primarily through its high protein and high fiber content. Lentils provide plant-based protein and slow-digesting complex carbohydrates that promote long-lasting satiety and prevent blood sugar spikes. Paired with nutrient-dense potatoes and veggies, it helps control calorie intake while keeping you fully energized and satisfied between meals.

Does Mediterranean Lentil and Potato Soup Fit a High-Protein Lifestyle?

This recipe fits into a plant-focused, high-protein lifestyle by delivering substantial dietary

protein per bowl from hearty lentils and aromatic Mediterranean broth. While it features whole potatoes which add modest net carbs, the overall macronutrient profile remains balanced and nutrient-dense. Utilizing clean, whole-food ingredients makes it an exceptional muscle-fueling choice for active individuals seeking plant-based nutrition.

My Personal Experience

- Rich Depth of Flavor: Simmering the cumin, garlic, and olive oil base creates a deeply aromatic Mediterranean profile that elevates simple pantry staples into a gourmet dish.
- Perfect Meal Prep Consistency: The soup thickens wonderfully in the fridge overnight, making the leftovers taste even richer on the second and third days.
- Customable Texture: Blending a small portion of the cooked soup yields a silky broth while preserving whole lentils and potatoes for a satisfying bite.

Perfect For:

- High-Protein Dinners: A nourishing, plant-powered main dish for weeknight dinners.
- Meal Prep & Work Lunches: Easy to pack and reheat throughout the busy workweek.
- Winter & Autumn Wellness Routines: Comforting, warming soup for cold days when you need nutrient-dense comfort food.

Why You’ll Love This Recipe:

- Nourishing Plant-Based Protein: Brown lentils provide a whole-food source of protein to support muscle repair and daily energy needs.
- Quick & Budget-Friendly: Uses simple, inexpensive kitchen staples that cook down quickly into a massive batch of rich soup.
- Gut-Friendly Dietary Fiber: Loaded with soluble fiber from lentils and potatoes that aids digestion and supports metabolic health.

Common Mistakes to Avoid:

1. Using Overcooked Lentils: Boiling lentils too aggressively makes them mushy; maintain a gentle simmer to keep their structure intact.

2. Adding Acid Too Early: Lemon juice added before the potatoes are tender will prevent the potatoes from softening properly.

3. Skipping the Partial Blend: Forgoing the blending step leaves the soup watery rather than thick and creamy.

4. Undersalting the Potatoes: Potatoes absorb a lot of salt during cooking, so failing to season early results in a bland broth.

Required Equipment:

- Heavy-Bottomed Dutch Oven or Large Pot: Retains even heat to prevent lentils from sticking to the bottom during simmering.

- Immersion Blender: Easily purées a portion of the soup directly in the pot to achieve a creamy texture.

- Sharp Chef’s Knife: Ensures quick, uniform dicing of potatoes and aromatics for even cooking.

Storage Instructions:

- Refrigerator: Store in airtight glass containers for up to 5 days.

- Freezer: Cool completely and freeze in freezer-safe containers for up to 3 months; thaw overnight in the fridge before reheating.

- Reheating: Warm gently on the stovetop over medium-low heat, adding a splash of water or broth to restore liquidity.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 35 minutes
- Total Time: 50 minutes
- Servings: 4
- Best Season for This Recipe: Winter / Autumn
- Total Calories (Per Serving): Approximately 320 kcal

A comforting, nutrient-dense Mediterranean soup featuring earthy brown lentils, tender diced potatoes, and warm spices. This recipe balances savory garlic, cumin, and lemon for a bright finish. Ideal for healthy meal prep, it packs high-protein nutrition into every satisfying bowl.

 Ingredients:

- 1 cup brown or green lentils (rinsed and sorted)
- 2 medium Yukon Gold potatoes (peeled and diced into ½-inch cubes)
- 2 tbsp extra virgin olive oil
- 1 medium yellow onion (finely diced)
- 3 cloves garlic (minced)
- 2 medium carrots (diced)
- 1 tsp ground cumin
- ½ tsp dried oregano

- 4 cups low-sodium vegetable broth (or water)
- 1 tbsp fresh lemon juice *(Note: Add at the end of cooking to maintain brightness)*
- Salt and black pepper to taste
- ¼ cup fresh parsley (chopped, for garnish)

Directions:

1. Sauté Aromatics (Medium Heat – 5 Mins): Heat olive oil in a heavy pot over medium heat, add onions, carrots, and garlic, and cook until onions turn translucent and soft.
2. Toast Spices (Medium-Low Heat – 2 Mins): Stir in ground cumin and dried oregano, cooking until fragrance blooms without burning the spices.
3. Simmer Soup (Medium-High to Low Heat – 25 Mins): Add lentils, diced potatoes, and vegetable broth; bring to a boil, then reduce heat to low, cover, and gently simmer until lentils and potatoes are tender.
4. Blend for Creaminess (High Protein Cooking Tip): Use an immersion blender to pulse 2–3 times, creating a creamy broth base while keeping most lentils and potatoes whole for optimal texture.
5. Finish & Season (Low Heat – 3 Mins): Remove from heat, stir in fresh lemon juice, season with salt and pepper, and garnish with chopped parsley before serving hot.

Nutrition Facts (Per Serving – Approximate):

- Calories: 320 kcal
- Fats: 7.5 g
- Cholesterol: 0 mg

- Sodium: 480 mg
- Potassium: 780 mg
- Total Carbohydrates: 51 g
- Fiber: 13 g
- Net Carbs: 38 g
- Sugars: 5 g
- Protein: 16 g
- Calcium: 65 mg

Notes:

- Storage: Keep refrigerated in airtight containers for up to 5 days or freeze for up to 3 months.
- Reheating: Reheat over medium heat on the stove, adding broth if the soup has thickened.
- Allergy Info: Naturally gluten-free, dairy-free, and vegan.
- Flavor Boost: Top with a crumble of feta cheese or roasted pumpkin seeds for extra crunch and protein.