

Mushroom, Lentil, and Potato Soup

Delicious, easy, vegan meal. Great for a cold day!

Recipe by [Tracy Castillo](#) | Created on **Mar 8, 2022**

Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 4 large fresh mushrooms, chopped
- 1 Yukon Gold potato, diced
- ½ cup dry brown lentils
- 1 clove garlic
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fennel greens
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper, or to taste
- ¼ teaspoon ground turmeric, or to taste
- 3 cups water

Directions

- Heat olive oil in a large saucepan over medium-high heat. Add onion and mushroom; cook until tender, about 3 minutes. Stir in potato, lentils, garlic, parsley, fennel greens, salt, ground black pepper, cayenne pepper, and turmeric. Pour in water; stir to mix. Turn heat to medium-low and simmer until flavors are combined, about 45 minutes.

Nutrition Facts

Serving: **2 servings** | Calories: **368.3 kcal** | Carbohydrates: **46.1 g** | Protein: **15.8 g** | Saturated fat: **2 g** | Sodium: **607.9 mg** | Fiber: **17.2 g** | Sugar: **3.3 g**

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