



Snap a Pic of Today's Recipes!

Tomato and Lentil Soup

Serves: 6

Ingredients:

1 Tbsp. olive oil
1/2 small onion, finely chopped
1 cup carrots, finely chopped
1 cup celery, finely chopped
3 cups Nature's Promise® Organic Vegetable Broth
2 cups water
1 (24 oz.) jar Taste of Inspirations® Tomato & Basil Marinara Pasta Sauce
1 cup dried lentils, rinsed
1 tsp. McCormick® Dried Basil
Optional: salt and pepper to taste



Directions:

1. Heat olive oil in a large saucepan. Once warm, add onion, carrots and celery and cook for 5 to 7 minutes, or until lightly browned.
2. Add vegetable broth, water, tomato sauce, lentils and basil. Bring to a low boil, cover, reduce heat and simmer for 40 minutes, or until lentils are tender.
3. Season with salt and pepper to taste.

Easiest Ever Pumpkin Soup



Serves: 4

Ingredients:

1 medium onion, grated on a box grater or diced small
2 Tbsp. olive oil
2 cans (15 oz. ea.) pure pumpkin
1 carton (32 oz.) chicken or vegetable broth (4 cups)
2 tsp. McCormick® Pumpkin Pie Spice
3/4 tsp. salt
1/2 cup Cabot® Lowfat Plain Greek Yogurt



Directions:

1. Heat olive oil in a saucepan over medium-high heat. Add the onion and cook, stirring, 3 minutes or until soft.
2. Stir in the pure pumpkin, chicken broth, pumpkin pie spice, and salt.
3. Cook for 3 minutes, stirring occasionally, or until soup simmers. Add yogurt at the end, removing pan from heat to avoid separating.
4. Ladle into bowls and top as desired. Store the leftover soup in an airtight container in the refrigerator for up to 3 days.

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