



RUSTIC MUSHROOM-LENTIL SOUP

with Parmesan Crostini



HELLO

MUSHROOM & LENTILS

These two high-protein ingredients turn this soup into a hearty meal

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 332



Lentils, canned



Demi Baguette, 6"



Parsley



Shallot



Cremini Mushrooms



Soy Sauce



Carrot



Vegetable Pho Concentrate



Herbes de Provence



Parmesan Cheese, shredded



Garlic

BUST OUT

- Large Pot
- Silicone Brush
- Baking Sheet
- Measuring Cups
- Measuring Spoons
- Small Bowl
- Garlic Press
- Strainer
- Butter **2** (2 tbsps)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Lentils, canned 1 can
- Demi Baguette, 6" **1** 1
- Parsley 10 g
- Shallot 50 g
- Cremini Mushrooms 227 g
- Soy Sauce **1,4** 1 ½ tsp
- Carrot 170 g
- Vegetable Pho Concentrate 2
- Herbes de Provence 2 tbsps
- Parmesan Cheese, shredded **2** 28 g
- Garlic 10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the crostini). Keep your eye on your baguettes while broiling in step 4, so they don't burn!



1 PREP Wash and dry all produce.* Peel and thinly slice the **shallots** into ¼-inch strips. Cut the **carrots** into ¼-inch cubes. Thinly slice the **cremini mushrooms**. Mince or grate the **garlic**. Finely chop the **parsley**, keeping the **stems** and **leaves** separate. Drain and rinse the **lentils**.



4 BROIL BAGUETTE Meanwhile, cut the **baguette** into ½-inch slices. In a small bowl, combine **half the parsley leaves** and **remaining garlic** with a drizzle of **oil**. On a baking sheet, arrange the bread slices. Brush each slice with the **garlic-oil** and sprinkle over the **Parmesan**. Broil in the centre of the oven until just golden-brown, 2-3 min.



2 START SOUP Heat a large pot over medium-high heat. Add **2 tbsps butter** and swirl the pot to melt. Add the **shallot, carrots** and **cremini mushrooms**. Cook, stirring occasionally, until the mushrooms start to brown, 8-9 min. Season with **salt** and **pepper**.



5 FINISH SOUP When the **carrots** are softened, add the **lentils** to the soup and stir together until warmed through, 2-3 min. Season with **salt** and **pepper**.



3 SIMMER SOUP Add the **herbes de Provence, parsley stems** and **half the garlic** to the pot. Cook until fragrant, 2 min. Add the **broth concentrates, soy sauce** and **4 cups water**. Bring to a boil over high heat, then reduce heat to medium-low and simmer until the **carrots** soften, 3-4 min.



6 FINISH AND SERVE Divide the **mushroom soup** between bowls. Sprinkle with the **remaining parsley leaves** and top with the **Parmesan crostini**.

CRUNCHY!

Topping this soup with crostini makes for a cheesy, toasty crunch. Bon appetite!