

# Cajun lentil soup

Dried lentils, root vegetables, and Cajun seasoning make this recipe a simple and wholesome soup with a kick!



Vegetarian



Freezer-friendly



PREP TIME  
20 min



COOK TIME  
40 min



SERVINGS  
4

## Ingredients

- 1 L (4 cups) sodium-reduced vegetable broth
- 1 L (4 cups) water
- 500 mL (2 cups) dried green or red lentils, rinsed and drained
- 20 mL (1½ tbsp) Cajun seasoning
- 250 mL (1 cup) yellow turnip, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 onion, diced
- 2 mL (½ tsp) Worcestershire sauce
- 5 mL (1 tsp) fresh parsley, minced

## Directions

1. In a large pot, combine vegetable broth, water, and lentils and bring to a boil. Lower heat to medium and stir in the Cajun seasoning. Simmer for 15 minutes or until soft.
2. Add the yellow turnip, carrots, celery and onion and simmer for 20 more minutes. Add water if the soup becomes too thick.
3. Add the Worcestershire sauce and parsley when ready to serve.

## Tips

- ✓ Premade seasonings can be high in sodium. Try making your own Cajun seasoning by mixing 2 mL (½ tsp) each of cayenne, garlic powder, dried thyme, paprika, and black pepper with 1 mL (¼ tsp) each of onion powder and ground cumin. Add salt to taste.
- ✓ If you're pressed on time, try using canned instead of dry lentils. Drain and rinse them before adding at step 1.
- ✓ Try making this recipe with different legumes. Soak chickpeas or black beans overnight before cooking on medium heat for 30 minutes at step 1.
- ✓ Store leftover soup for up to 3 days in the refrigerator or up to 3 months in the freezer. If frozen, thaw in the refrigerator overnight and heat to a temperature of 165 °F (74 °C) or higher.
- ✓ Try using less of the ingredients that contain a lot of sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Indigenous Chef David Wolfman for PHAC and Health Canada.  
For more recipes by Chef Wolfman, see [Nutrition North Canada](#).



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