



Lentil, Spinach and Oat Soup

One of my all-time favourite Persian recipes is Ash-e-reshteh, a soup made with a mix of pulses, noodles, herbs, topped fermented yogurt, caramelized onions, and dried mint.

Although I love Ash-e-reshteh, it can take a long time to prepare. This lentil, spinach and oat soup is a different take on Ash-e-reshteh that is just as tasty but takes less time to prepare.



Serving
8



Prep
15 Minutes



Cook
40 Minutes



Contributer
Niloufar Deilami, MPH RD

9 cups Spinach, coarsely chopped
1 cup Lentils
½ cup Rolled oats
1 Medium onion, diced
2 Cloves garlic, minced
1 tsp Turmeric

1. Wash the lentils and soak them in water for 30 minutes. Drain after 30 minutes.
2. Sauté the onions on medium heat and add the turmeric.
3. Once the onions are translucent, add the lentils and spinach. Cook for 5 to 7 minutes until the spinach starts to wilt.
4. Add 10 cups of boiling water. Bring the soup to a boil and then reduce the heat and bring the soup to a simmer. Cook for 30 minutes or until the lentils are soft.
5. Add the oats and cook for another 10–15 minutes or until the oats are soft and the soup slightly thickens.
6. Serve with a tablespoon of low-fat yogurt, if desired.

Variation

Have some extra time? Add barley to this soup instead of rolled oats. Barley is a staple in many Persian soups and is an excellent source of fibre. It has a great texture and flavour and gives the soup a creamy consistency. It takes longer to cook than oats—around 30 to 45 minutes.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement