

## Hearty Lentil & Ground Bison Soup by Tasha – The Clean Eating Mama

<https://cleaneatingmama.com/>

**Servings:** 4–6 | **Prep Time:** 15 min | **Cook Time:** 45 min | **Total Time:** 1 hour

A protein-packed, aromatic soup made with ground bison, lentils, and warming herbs — perfect for a cozy and nourishing meal.

---

### Ingredients:

- 1 lb ground bison
  - 1 tablespoon olive oil
  - 1 medium yellow onion, chopped
  - 3 cloves garlic, minced
  - 2 carrots, diced
  - 2 celery stalks, diced
  - 1 teaspoon salt
  - ½ teaspoon black pepper
  - 1 teaspoon ground cumin
  - 1 teaspoon smoked paprika
  - ½ teaspoon dried thyme
  - ½ teaspoon crushed dried rosemary
  - 1 cup dried brown or green lentils, rinsed
  - 1 (14.5 oz) can diced tomatoes
  - 6 cups low-sodium beef or vegetable broth
  - 2 tablespoons tomato paste
  - 1 tablespoon Worcestershire sauce (optional)
  - 1–2 cups chopped kale or spinach (optional)
  - Juice of ½ lemon
  - Fresh parsley for garnish
- 

### Instructions:

- 1. Brown the Bison:**  
Heat olive oil in a large pot over medium heat. Add ground bison and cook until browned, 5–7 minutes. Drain fat if needed.
- 2. Sauté Vegetables:**  
Add onion, carrots, and celery. Cook for 6–8 minutes. Stir in garlic, cumin, paprika, thyme, rosemary, salt, and pepper. Cook 1–2 minutes.
- 3. Add Lentils and Liquids:**  
Mix in tomato paste and cook 1 minute. Add lentils, diced tomatoes, broth, Worcestershire, and bay leaf. Bring to a boil.
- 4. Simmer:**  
Lower heat, cover partially, and simmer for 35–40 minutes, until lentils are tender. Stir occasionally.

5. **Finish:**

Stir in greens (if using) during the last 5 minutes. Remove bay leaf, add lemon juice, and adjust seasoning to taste.

6. **Serve:**

Garnish with fresh parsley and serve warm

---

## Shopping List

### Produce:

- 1 yellow onion
- 3 garlic cloves
- 2 carrots
- 2 celery stalks
- 1 lemon
- Fresh parsley
- Kale or spinach (optional)

### Meat:

- 1 lb ground bison

### Canned & Dry Goods:

- 1 cup dried brown or green lentils
- 1 (14.5 oz) can diced tomatoes
- 6 cups beef or vegetable broth
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce (optional)

### Spices & Pantry:

- Olive oil
- Salt
- Black pepper
- Ground cumin
- Smoked paprika
- Dried thyme
- Crushed dried rosemary