

Lentil Soup

Recipe type: Lunch

Serves: 8

Prep time: 10 minutes

Cooking time: 45 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 2 C dried lentils (or canned)
- 2 celery stalks
- 1 large carrot
- 1 medium onion, chopped
- 2 T olive oil
- 14 oz crushed tomato
- 2 C vegetable stalk or chicken broth low sodium
- 4 C of water
- ½ t cumin
- 1½ t Paprika
- ¼ t black pepper
- 1 lemon
- 1/8 t salt



What to do:

1. Wash your hands.
2. Rinse and wash your lentils (dry or canned) and vegetables.
3. Dice up the celery, carrot, and onion.
4. Add 2 t of olive oil to a deep saucepan over medium heat. Add the celery, carrot, and onion in the pan and cook for 7-10 minutes or until soft.
5. Add the lentils, canned tomato, vegetable or chicken broth, water, and spices to the pan.
6. Simmer for 35-45 minute. Make sure the lentil isn't too soft by testing it with a spoon.
7. Add the lemon juice and salt to taste.
8. Let it cool down and serve in a bowl.
9. Enjoy!

Nutrition Facts

8 servings per container

Serving size 1 Cup (207g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 17g 6%

Dietary Fiber 6g 21%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 2mg 10%

Potassium 443mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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