



# Lentil Soup

Lentil soup makes a hearty, delicious starter or a complete meal.

## Ingredients:

2 tablespoons olive oil  
2 medium carrots, diced  
2 medium stalks celery, chopped  
1 small yellow onion, chopped  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon ground black pepper  
2 cups dry lentils  
1 can (14½ ounces) crushed tomatoes  
2 cups vegetable broth  
6½ cups water

## Directions

1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.
2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.
3. Stir in lentils and tomatoes, and then add the vegetable broth and water.
4. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender
5. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day

Yield: 11 Servings. Serving size: 1 Cup

## Each serving provides:

Calories: 151  
Saturated fat: 0 g  
Sodium: 248 mg  
Protein: 9 g  
Potassium: 503 mg

Total fat: 3 g  
Cholesterol: 0 mg  
Total fiber: 7 g  
Carbohydrates: 24 g

