

EASY LENTIL SOUP

Sourced from USDA MyPlate

TOTAL PREP TIME: 5 MINUTES | COOK TIME: 35 MINUTES
SERVINGS: 10 | SERVING SIZE: 1/10 RECIPE

NUTRITION FACTS

202 calories
Total Fat: 4g
Saturated Fat: 1g
Carbohydrates: 29g
Fiber: 10g
Protein: 14g
Sodium: 353mg
Cholesterol: 0mg

INGREDIENTS

- 2 tablespoons olive oil or cooking oil
- 1 large red, yellow, or white onion (chopped)
- 3 carrots (finely diced)
- 3 garlic cloves (minced)
- 2 cups lentils (1 pound, rinsed)
- 1 can diced tomatoes (14 1/2oz can)
- 8 cups low-sodium vegetable or chicken broth (2qt)
- 1 bay leaf
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon black pepper

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Sauté onions, carrots, red pepper flakes, and garlic in oil until soft.
3. Add tomatoes, bay leaf, salt and pepper and stir well.
4. Add rinsed lentils and broth and simmer until lentils are soft, about 30 minutes.
5. Season with additional salt and pepper, if desired.

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NUTRITION AND RECIPE TIPS

- This wholesome lentil soup is simple yet satisfying. Using vegetable broth makes it a delicious vegetarian option.
- Make a big batch of soup and freeze individual portions for later. Later, you can defrost your soup and enjoy the familiar flavorful dish. Allow the soup to cool completely, then portion into freezer bags and lay flat to freeze.
- Excellent source of:
 - **fiber:** may help reduce the risk of colorectal cancer.
 - **iron:** prevents anemia; aids in body growth and development.
 - **potassium:** important for healthy blood pressure and muscle contraction.