

Lentil Vegetable Soup

Ingredients:

- 1 cup lentils
- 5 cups water
- 1 small onion
- 1 stalk celery, chopped
- 8 ounces tomato sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 bay leaf
- 2 tablespoons vinegar

Equipment:

- Cutting board
- Knife
- Large Saucepan with lid
- Can opener
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 1 hour & 15 minutes

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Set aside.
2. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Set aside.
3. Rinse lentils in a colander, and place lentils in deep pot with water. Bring to a boil.
4. Add onion, celery, tomato sauce, garlic powder, black pepper and bay leaf. Boil again.
5. Reduce heat and cover. Cook slowly for 1 hour, adding more water if necessary.
6. Add vinegar. Remove bay leaf before serving.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 124	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 262mg	11%
Potassium 472mg	13%
Total Carbohydrate 22g	7%
Dietary Fiber 11g	44%
Protein 10g	20%
Vitamin A 8%	Vitamin C 8%
Iron 17%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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