

# Eat Smart • Move More

## Lentil Soup

Prep Time: 5 minutes

Total Time: 25 minutes



### Ingredients

- 8 cups water
- 1 pound dried lentils, rinsed
- 1 onion, chopped
- 1 carrot, thinly sliced
- 2 garlic cloves, minced
- 2 reduced sodium bouillon cubes
- 1 bay leaf
- 1/8 teaspoon ground black pepper

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(343.71g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes g of Added Sugars	
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 41mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 466mg	<b>10%</b>

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

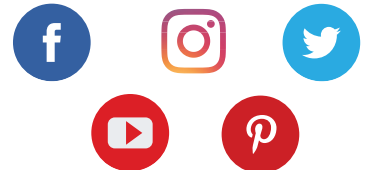
### Quick Tips

- ▶ Place any remaining leftovers in plastic storage containers and freeze up to 6 months.
- ▶ Try adding other vegetables, such as, spinach, tomatoes, or peas in the soup.
- ▶ Soup can also be seasoned with red pepper flakes, basil, oregano, or thyme.

### Directions

- Add all ingredients to a saucepan. Bring to a boil then turn down heat and simmer until lentils are tender, about 15-20 minutes.
- Remove bay leaf. Serve warm or refrigerate within 2 hours of preparation for later use.

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(Recipe adapted from Bronson Wellness Center, as listed at: <http://whatscooking.fns.usda.gov>)

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