

# Eat Smart • Move More

## Sopa de Lentejas

Tiempo de Preparación: 5 minutos

Tiempo Total: 25 minutos



### Ingredientes

8 tazas de agua  
1 libra de lentejas secas,  
enjuagadas  
1 cebolla, picada  
1 zanahoria, en rodajas finas  
2 dientes de ajo, picados  
2 cubos de caldo reducido en  
sodio  
1 hoja de laurel  
1/8 cucharadita de pimienta negra  
molida

### 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.

### Consejos Rápidos

- ▶ Coloque las sobras en contenedores plásticos y congele hasta por 6 meses
- ▶ Pruebe agregar otras verduras tales como espinaca, tomates o chícharos en la sopa.
- ▶ La sopa también se puede sazonar con pimienta roja en hojuelas, albahaca, orégano o tomillo.

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### Preparación

- Agregue todos los ingredientes a una cacerola grande. Hierva el agua luego reduzca el fuego y hierva a fuego lento hasta que las lentejas estén tiernas, aproximadamente unos 15 - 20 minutos.
- Saque la hoja de laurel. Sirva tibio o póngalo en el refrigerador dentro de las 2 horas preparación para comer más tarde.

(Receta adaptada de Bronson Wellness Center, que aparece en: <https://whatscooking.fns.usda.gov>.)

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