

LENTIL SOUP

Prep Time: 5 minutes

Cook Time: 30 minutes

Included in Box:

- 1 c. lentils, dry
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 (15 oz) can no salt carrots, drained and rinsed

Additional Ingredients Needed:

- 4 c. (32 oz) low sodium vegetable broth
- 1 small onion (~½ c.), diced
- 2 T lemon juice
- 1 T garlic powder
- ½ tsp ground cumin

Directions:

1. Add ¾ c. water and onion to large pot over medium-high heat; cook until translucent (3-4 minutes).
2. Add diced tomatoes, carrots and spices to pot; stir well to mix and cook for 1 minute.
3. Add vegetable broth and lentils to pot. Bring to boil. Cover and simmer for 20-25 minutes, or until lentils are tender. Stir in lemon juice.
4. Optional: transfer half of pot contents to blender and puree until smooth for creamier texture. Recombine and mix before serving.

Tip: Add 1 c. chopped celery, corn, spinach or kale to soup for additional flavor and nutritional punch! Or swap canned mixed vegetables for canned carrots.



Nutrition Facts*

Total Servings: 4
Serving Size: 1 ½ c.
Calories: 261
Fat: 1 g
Sodium: 207 mg
Carbohydrates: 48 g
Fiber: 18.5 g
Protein: 15 g
Carbohydrate Servings: 3

**Nutrient facts include 1 c. dry lentils, canned no salt added diced tomatoes, canned unsalted sliced carrots, small white onion, low sodium vegetable broth, fresh lemon juice, and spices.*