lentil soup

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1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.

2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.

3. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.

4. Store leftovers in the refrigerator and reheat on the stove or in the microwave.

Yield 11 servings, Serving Size 1 cup, Calories 151, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 248 mg, Total Fiber 7g, Protein 9g, Carbohydrates 24g, Potassium 503 mg