

# lentil soup



National Heart, Lung,  
and Blood Institute

<http://wecan.nhlbi.nih.gov>

## Ingredients

2 tablespoons olive oil  
2 medium carrots, diced  
2 medium celery stalks,  
chopped  
1 small yellow onion,  
chopped  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon ground black  
pepper  
2 cups dry lentils  
1 14 1/2 ounce can crushed  
tomatoes  
2 cups vegetable broth  
6 1/2 cups water

## lentil soup

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