lentil soup

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

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