

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



National Heart, Lung,
and Blood Institute