

Delicious Lentil Soup

Makes: 8 servings

The carrots, celery, tomatoes, and lentils make this classic stew full of nutrients, including fiber.

Ingredients

- 2 tablespoons unsalted butter (or margarine)
- 1 cup onion (chopped)
- 6 cups water
- 2 cups lentils (dry, washed, soaking not necessary)
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 6 carrot (large, cut into 1/2-inch pieces)
- 8 small celery stalks
- 3-4 fresh tomatoes cut in wedges

Directions

1. Melt butter or margarine in a large skillet. 2. Sauté onion until tender.
2. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
3. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
4. Add carrots, celery, and salt.
5. Cover and simmer 30 minutes more or until the vegetables are tender.
6. Add tomatoes. Heat thoroughly and serve.

Total Cost: \$3.55

Cost Per Serving: \$0.44

Source: University of Wisconsin, Cooperative Extension Service, Go with Beans Eau Claire County, 2002



Nutrition Facts	
6 servings per container	
Serving size	1 Serving (149g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 383mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

