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

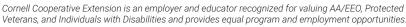
- 1. Melt butter or margarine in a large skillet.2. Sauté onion until tender.
- 2. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
- 3. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
- 4. Add carrots, celery, and salt.
- 5. Cover and simmer 30 minutes more or until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

76 Da	illy 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.