

## Lentil Vegetable Soup (Makes about 6 servings)

Recipe source: University of Nebraska, Cooperative Extension, available at the USDA's FNCS Recipe Finder

### **Ingredients:**

1 cup dry lentils	1 teaspoon salt
5 cups water	¼ teaspoon black pepper
2 Tablespoons oil	1 bay leaf
1 Tablespoon finely chopped onion	1 celery stalk
1 cup tomato sauce (canned)	2 Tablespoons of vinegar
½ teaspoon garlic powder or 1 clove garlic	



### **Directions:**

1. Sort lentils, pulling out any rocks or debris.
2. Place lentils in a deep pot with water. Bring to a boil and add oil, onion, tomato sauce, garlic powder, salt, black pepper, bay leaf, and celery.
3. Reduce heat and cover. Cook slowly for 1 hour, adding more water as needed.
4. Add vinegar and stir. Remove garlic and bay leaf before serving.

**Approximate nutrient content per serving may vary depending on ingredients used: Calories: 180; Total fat: 5 g; Saturated fat: 0.5 g; Sodium: 230 mg; Total carbohydrate: 24 g; Dietary fiber: 11 g; Protein: 9g;**



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