



Red Lentil Soup

Serves 7

- 1 ½ tablespoons olive oil
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 2 carrots, chopped (1 cup)
- ½ cup chopped fresh or canned tomato
- 1 celery rib, chopped
- 1 ¼ teaspoons ground cumin
- ½ teaspoon salt
- 1 cup dried red lentils
- 4 cups water
- 1 ½ cups low-sodium chicken broth
- 2 tablespoons chopped fresh parsley

Directions: Remember to wash your hands!

1. Heat oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot, but not smoking.
2. Sauté onion, stirring, until golden, about 5 minutes.
3. Add garlic, carrots, tomato, celery, cumin, and salt and sauté, stirring, 2 minutes.
4. Add lentils, water, and broth and simmer, uncovered, stirring occasionally until lentils are tender, about 20 minutes.
5. Stir in parsley, then season with salt and pepper.

Nutrition Facts	
Serving Size 1 cup (292g)	
Servings Per Container 7	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 4g	
Vitamin A 70%	• Vitamin C 15%
Calcium 4%	• Iron 6%

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