

## Lentil Soup

### Ingredients:

1½ cups dried lentils  
 8 cups water  
 1 Tablespoon beef bouillon (sodium free)  
 1 (16 ounce) can whole tomatoes  
 1 large onion, diced  
 1 medium carrot, diced  
 1 stalk celery, diced  
 4 medium potatoes, cubed  
 ¼ tsp pepper  
 1 clove garlic, crushed  
 2 Tablespoon dried parsley flakes (optional)  
 1 bay leaf (optional)

### Directions:

1. Rinse lentils and put in large pot.
2. Chop onions, carrots, celery, potato and garlic. Add water and all remaining ingredients to lentils.
3. Bring to a boil, cover, reduce heat and simmer for 1½ hours. Stir occasionally.
4. Remove bay leaf and serve.

Makes 12 servings

Serving size: 1 cup

| Nutrition Facts                 |         |                   |      |
|---------------------------------|---------|-------------------|------|
| Serving Size 1.00 cup(s) (293g) |         |                   |      |
| Amount Per Serving              |         |                   |      |
| Calories                        | 139     | Calories from Fat | 3    |
| % Daily Value                   |         |                   |      |
| Total Fat                       | 0.4g    |                   | 1 %  |
| Saturated Fat                   | 0.1g    |                   | 0 %  |
| Trans Fat                       | 0.0g    |                   |      |
| Cholesterol                     | 0.0mg   |                   | 0 %  |
| Sodium                          | 260.0mg |                   | 11 % |
| Total Carbohydrate              | 26.9g   |                   | 9 %  |
| Dietary Fiber                   | 8.8g    |                   | 36 % |
| Sugars                          | 2.6g    |                   |      |
| Protein                         | 7.7g    |                   |      |
| Vitamin A                       | 18 %    | Calcium           | 4 %  |
| Vitamin C                       | 26 %    | Iron              | 15 % |