

# Lentil Soup

A hearty soup that comes together in no time at all. Serve with Curry Chicken Salad for a complete lunch or dinner.

Recipe by Kat Palmer

Makes 4 Servings

Price Per Serving: \$1.14

Prep Time: 7 minutes | Cook Time: 30 minutes

- 1 cup dried red lentils, washed and drained
- 4 cups of low-sodium vegetable broth
- ¼ cup yellow onion, finely chopped
- 1 medium white potato, peeled and diced
- 1 teaspoon paprika (or more to taste)
- ½ teaspoon salt (to taste)
- black pepper (to taste)
- ½ cup chopped red bell pepper (optional)
- ¼ cup chopped carrots (optional)

Place everything except salt and pepper into a medium pot. Bring to a boil and then reduce heat to simmer. Loosely place lid on the pot, allowing steam to escape and let cook 20-30 minutes or until lentils are tender. Add salt and pepper to taste.

Optional: Place all but 1 cup of soup into a blender and puree. Add pureed mixture back into pot with remaining 1 cup.

<b>Nutrition Facts</b>	
Serving Size 197 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 8
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 545mg	23%
<b>Total Carbohydrate</b> 43g	14%
Dietary Fiber 17g	68%
Sugars 4g	
<b>Protein</b> 14g	
Vitamin A	93%
Vitamin C	53%
Calcium	4%
Iron	24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	