LENTIL VEGETABLE SOUP

SERVES 6

INGREDIENTS

1 cup dry lentils
5 cups water
2 tablespoons vegetable oil
1 tablespoon onion, finely chopped
1 cup canned tomato sauce
1/2 teaspoon garlic powder or 1 garlic clove
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 celery stalk, chopped
2 tablespoons vinegar

DIRECTIONS

1. Sort lentils, removing imperfect lentils and objects other than lentils.
2. Place lentils in deep pot with water. Bring to a boil and add all ingredients except vinegar.
3. Reduce heat and cover.
4. Cook slowly for 1 hour, adding more water if necessary.
5. Add vinegar.
6. Remove garlic and bay leaf before serving.

NUTRITION INFORMATION:

Calories: 180
Fat: 5 grams (g)
Saturated Fat: 0.5 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 0 milligrams (mg)
Carbohydrates: 25 grams (g)
Dietary Fiber: 2 grams (g)
Protein: 9 grams (g)
Sodium: 230 milligrams (mg)

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