

Lentil Vegetable Soup

Makes: 6 servings

Ingredients

- 1 cup lentils (dry)
- 5 cups water
- 2 tablespoons vegetable oil
- 1 tablespoon onion (finely chopped)
- 1 cup tomato sauce (canned)
- 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

- Sort lentils.
- Place lentils in deep pot with water. Bring to a boil and add all ingredients except vinegar.
- Reduce heat and cover.
- Cook slowly for 1 hour, adding more water if necessary.
- Add vinegar.

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	230 mg
Total Carbohydrate	24 g
Dietary Fiber	11 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Remove garlic and bay leaf before serving.

Source: University of Nebraska, Cooperative Extension, Recipe Collection, p.101 Staff from the University of Nebraska-Lincoln