

Hearty Lentil Soup

Serving size: 1½ cup serving

Makes 6 Servings

Ingredients:

1 tablespoon extra virgin olive oil
1 onion, chopped
2 cloves garlic, minced
3 medium carrots, sliced
3 stalks of celery, sliced
1 teaspoon fresh oregano
Pinch of salt and coarse black pepper
2 cups dried lentils, rinsed and sorted
5 cups low-sodium vegetable broth
¼ cup fresh parsley, chopped
1 whole bay leaf
1 14-oz. can diced tomatoes, no added salt
Grated fresh parmesan cheese for garnish

Directions:

Heat the oil in a stock pot or large sauce pan over medium heat.

Add the onion and sauté until soft. Continue to sauté while adding the garlic, carrots, celery, and spices.

Stir in the lentils, vegetable broth, parsley, bay leaf and bring to a boil. Reduce heat and simmer, stirring occasionally until the lentils are tender, about 30 minutes.

Stir in the tomatoes and simmer just to heat through.

Garnish with fresh grated parmesan if desired.

Exchanges per serving:

1 Starch, 2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 149

Calories from fat: 25

Total Fat: 3g

Cholesterol: 0mg

Sodium: 220mg

Total Carbohydrate: 25g

Dietary Fiber: 9g

Protein: 7g