

Lentil Soup

Ingredients (makes 8 servings):

- 1 container (32oz) reduced sodium chicken broth
- 1 cup dry lentils
- ½ onion, diced
- 1 6-ounce can of tomato paste (reduced sodium)
- 1 clove garlic, minced
- ½ tablespoon cumin
- Carrots or zucchini, diced (optional)



Instructions:

1. **Rinse lentils and check for stones.**
2. **Boil chicken broth, lentils, onion, tomato paste, garlic, and cumin in a large saucepan over medium heat.**
3. **Reduce the heat, cover, and let the soup cook gently until lentils are soft, 30 to 45 minutes.**

Cooking Tip: If every ingredient is the same size, the ingredients will cook evenly.

Nutrition Fact: Lentils are naturally low in sodium. Use spices and herbs to add flavor instead of salt. Select reduced or low-sodium broth and tomato paste.

Substitutions:

- You can add sliced, shredded, or diced cooked chicken to soup during the last few minutes of cooking if desired. You can also add any vegetables you have to this recipe (carrots, celery, zucchini, yellow squash, etc.).
- You could use cumin if you want this to be a Mexican soup or use Italian seasoning if you want more of an Italian soup.

Nutrition Facts

Servings: 1 Calories: 230 Sodium: 583mg Fat: 1g
Saturated Fat: 0g Protein: 17g Sugar: 8g Carbs: 42g