

Lentil Vegetable Soup

February 2025 Recipe

Makes: 6 servings



Ingredients

- 1 cup lentils (dry)
- 5 cups water
- 2 Tbsp. vegetable oil
- 1 Tbsp. onion (finely chopped)
- 1 cup canned low-sodium tomato sauce
- ½ tsp. garlic powder
- 1 tsp. salt
- ¼ tsp. black pepper
- 1 bay leaf
- 1 celery stalk (chopped)
- 2 Tbsp. vinegar

Directions

1. Sort the lentils.
2. Place lentils in a 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 the vinegar.
6. Remove the bay leaf before serving.

Nutritional information for 1 serving

Calories	169
Total fat	6 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	415 mg
Carbohydrate	22 g
Dietary fiber	8 g
Total sugars	4 g
Added sugars included	3 g
Protein	9 g

Source: MyPlate