

Lentil-Vegetable Soup

By: The Complete Slow Cooking for Two, Linda Larsen

Ingredients:

1/2 cup dry lentils (see below for preferred lentil type)
1 cup chopped grape tomatoes
2 carrots, chopped
1 celery stalks, chopped
1 onion, chopped
3 garlic cloves, sliced
1 bay leaf
1/2 tsp. dried thyme leaves
1/2 tsp, dried marjoram
1/2 tsp. salt
2 cups vegetable broth
1 cup water
2 tbsp. minced fresh thyme leaves (optional)

Instructions:

1. Sort the lentils and rinse, drain well.
2. In the crockpot, combine the lentils with all the ingredients except the fresh thyme leaves.
3. Cover and cook on LOW for 8 hours, or until the lentils and vegetables are tender.
4. Remove and discard the bay leaf, stir in the fresh thyme leaves, ladle the soup into 2 bowls.
5. Serve

Serves: 2

Calories: 291

Total Fat: 2g; Sat. Fat: 1g; Cholesterol: 0 mg; Carbohydrates: 49g; Fiber: 20g; Protein: 20g

Gluten-Free, Soy-Free, Nut-Free, Vegan

Lentils - Choose which are best for your dish

Brown: become soft during long cooking time so ideal for soup.

Green or French Puy: have a slightly spicy taste and stay firm during cooking.

Red: sweet flavor and become very soft during long cooking times.

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