

Easy Lentil Soup

Serves: 10

Ingredients

- 2 tablespoons olive oil or cooking oil
- 1 large red, yellow, or white onion (chopped)
- 3 carrots (finely diced)
- 3 garlic cloves (minced)
- 2 cups lentils (1 pound, rinsed)
- 1 can diced tomatoes (14 1/2 ounce can)
- 8 cups low-sodium vegetable or chicken broth (2 quarts)
- 1 bay leaf
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon black pepper

Directions

1. Saute onions, carrots, red pepper flakes, and garlic in oil until soft.
2. Add tomatoes, bay leaf, salt and pepper and stir well.
3. Add rinsed lentils and broth and simmer until lentils are soft, about 30 minutes. Keep checking lentils until they are done.
4. Season with additional salt and pepper, if desired.

Nutritional information

Total calories per serving: 202

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 353 mg

Carbohydrates: 29 g

Dietary fiber: 10 g

Total sugars: 5 g

Added sugars: 0 g

Protein: 14 g