Country Lentil Soup

Prep: 20 minutes | Cook: 40 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil

1 medium onion, chopped (about 1 cup)

4 celery stalks, chopped (about 1 cup)

2 medium carrots, chopped (about 1 cup)

2-4 cloves garlic, minced (about 2 teaspoons)

½ teaspoon dried oregano

½ teaspoon dried thyme

½ teaspoon ground black pepper

4 cups (32 ounces) low-sodium vegetable broth

1 cup water

1 cup uncooked brown lentils, picked through to remove any stones and rinsed

1 (14.5-ounce) can no-salt-added crushed tomatoes

4 tablespoons (¼ cup) chopped fresh parsley, divided

Directions

1. Warm a large saucepan or pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and garlic. Cook until softened, about 5-8 minutes.
4. Add the oregano, thyme, and black pepper. Sauté until fragrant, about 1 minute.
5. Add the broth, water, lentils, and tomatoes with their juice.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the lentils are tender, about 20-30 minutes.
8. Divide the soup between four serving bowls and top each with 1 tablespoon of the parsley.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 120 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 185 mg | Total Carbohydrate: 17 g | Dietary Fiber: 4 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov

VA | U.S. Department of Veterans Affairs