

# Lentil Soup

## Ingredients

Lentils, dried	3 cups	750 mL
Beef broth, reduced sodium	23 cups	5.7 L
Tomato paste, canned	2 cups	500 mL
Potatoes, raw, peeled, cubed	1 cup	250 mL
Onion, chopped	1 cup	250 mL
Celery, diced	2 cups	500 mL
Carrots, peeled ,chopped	2 cups	500 mL
Parsley, dried	2 Tbsp	30 mL
Garlic powder	2 tsp	10 mL
Bay leaf, dried	2 each	2 each
Cumin, ground	¼ tsp	1 mL

## Directions

1. Rinse lentils and drain well.
2. In a large heavy pot, combine lentils, beef stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
3. Add potatoes, onions, celery, carrots, parsley, garlic powder, bay leaves, and cumin. Simmer, uncovered, about 50 minutes.
4. Remove bay leaves.
5. Portion ½ cup (125 mL) of soup into serving bowls.

Makes 50 ½ cup (125 mL) servings.

Nutrition Facts	
Per ½ cup (148 g)	
Amount	% Daily Value
<b>Calories</b> 70	
<b>Fat</b> 1 g	<b>2</b> %
Saturated 0 g + Trans 0 g	<b>0</b> %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 50 mg	<b>0</b> %
<b>Carbohydrate</b> 11 g	<b>4</b> %
Fibre 2 g	<b>8</b> %
Sugars 2 g	
<b>Protein</b> 6 g	
Vitamin A 8 %	Vitamin C 6 %
Calcium 2 %	Iron 12 %

Nutrient Claim	Amount per Serving
Source of fibre	2 g
Source of calcium	19 g
Source of iron	1.7 mg
Low in fat	1 g
Low in sodium	55 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/3
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1/4

## Alberta Nutrition Guidelines Category

Choose Most Often  
(Mixed Dish)



### Recipe Tips

- Any type of lentil can be used for this recipe. Choose brown, green or red.
- Use canned lentils instead of dried lentils if desired. Drain and rinse canned lentils to remove extra salt.
- For a different flavour, use chicken broth instead of beef broth. Use vegetable broth to make this recipe vegetarian.
- Serve this soup with a small whole grain bun, a glass of milk and apple slices for a balanced meal.