

Hearty Lentil Soup

A big pot of lentils, carrots and tomatoes simmered with oregano and basil. 7 g fiber and 9 g protein a cup.

Makes 11 servings | Serving: 1 cup | Cost: Budget-friendly | 15 min + 1 hr 10 min | 151 calories · 7 g fiber

Ingredients

- 2 tablespoons olive oil
- 2 medium carrots, diced
- 2 medium stalks celery, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon ground black pepper
- 2 cups dry lentils
- 1 can (14½ oz) crushed tomatoes
- 2 cups vegetable broth
- 6½ cups water

Nutrition Facts

Per serving (1 cup)

Calories	**151**
Total Fat	3 g
Saturated Fat	0 g
Sodium	248 mg
Total Carbohydrate	24 g
Dietary Fiber	7 g
Protein	9 g
Potassium	503 mg

Method

1. Heat the oil in a large pot over medium heat and cook the carrots, celery and onion until the onion is soft.
2. Stir in the garlic, oregano, basil and pepper and cook 2 minutes.
3. Add the lentils and tomatoes, then the broth and water.
4. Cover, bring to a boil, then simmer at least 1 hour, until the lentils are tender.

Swaps: Finish each bowl with a squeeze of lemon and a drizzle of olive oil.

Storage: Refrigerate up to 4 days or freeze up to 3 months; it tastes even better the next day.

Why it's good for you

- Lentils are rich in plant protein and fiber.[1]
- Lentils supply folate.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/ [2] NIH Office of Dietary Supplements: Folate fact sheet, https://ods.od.nih.gov/factsheets/Folate-Consumer/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/lentil-soup. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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