

Nutrition Education

Lentil and Veggie Soup

The lentils in the warm and filling soup provide fiber, folate and iron.

Ingredients:

- 1 onion, chopped
- 2 T. olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups chicken broth
- 1 cup spinach, rinsed and thinly sliced
- 2 tablespoons balsamic vinegar
- Salt and ground black pepper to taste

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add broth and tomatoes. Bring to a boil. Reduce heat, and simmer for 1-2 hours. When ready to serve, stir in spinach, and cook until it wilts. Remove bay leaf, stir in vinegar and season to taste with salt and pepper.

