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Lentil Soup

Prep Time: 15 minutes

Cook Time: 2 Hours

Cost per serving: \$0.43

What you need:

Utensils:

- Knife & cutting board
- Measuring cups & spoons
- Large saucepan
- Mixing spoon

Ingredients:

- 2 teaspoons vegetable oil
- 3 cups uncooked lentils
- 1 cup onion, chopped
- 2 cups celery, chopped
- 2 cloves garlic, chopped
- 2 carrots, chopped
- 2 tomatoes, chopped
- 8 cups water
- ½ teaspoon pepper
- 1 teaspoon salt
- ½ teaspoon cumin
- 1 bay leaf

What to do:

1. Wash your hands and clean your cooking area.
2. In a saucepan, heat oil over medium heat. Add onion, celery, and garlic and sauté until tender.
3. Add water and remaining ingredients. Bring to a boil, reduce heat, and simmer until lentils are tender, about 1 ½ hours.
4. Remove the bay leaf. Serve, refrigerate, or freeze for later use.

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 15g	
Vitamin A 60%	Vitamin C 10%
Calcium 2%	Iron 25%