



Hearty Lentil Soup

You'll Need: A large pot, a large spoon, measuring cups, measuring spoons, a cutting board, a large sharp knife

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Ingredients	Amount for 8 Servings
Chopped Bacon (low sodium if possible)	½ package (1/2 lb)
Kielbasa (or bologna), finely chopped	1 cup
Onion, finely diced	1 cup
Garlic, finely diced	4 cloves or ½ teaspoon of garlic powder
Chicken broth	2 liters
Canned Diced Tomatoes	One 19 oz (540ml) can
Carrots, chopped	1 cup
Dry Lentils	1 cup
Dry parsley (optional)	2 tablespoons
Oregano (optional)	2 teaspoon
Black pepper (optional)	1 teaspoon
Water	2 cups

Method:

Step 1: Add bacon to pot and cook on medium heat. Cook until some of the fat has come out form the bacon. Do **not** cook bacon until crisp.

Step 2: Add kielbasa, onions, and garlic to bacon. Cooking for 5-8 minutes or until vegetables are tender

Step 3: Add chicken broth, diced tomatoes, carrots, oregano, parsley, pepper and water.

Step 4: Bring to a boil and then simmer for 20 minutes.

Step 5: Add lentils and simmer for another 20 minutes

Nutrients per Serving:

Calories: 408 kcals

Fat: 30.1 g

Sodium: 874.4 mg

Carbohydrate: 20.9 g

Fiber: 3.6 g

Protein: 13.7 g

Nutrition Fun Facts

- Lentils are a great source of fiber which is a great for helping you stay regular, filling you up and keeping you full longer.
- In particular, lentils have soluble fiber which can help to lower blood cholesterol.
- You can eat lentils instead of meat and still get all the nutrition you need to be healthy and at a much lower price.