



Lentil Soup



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 340, calories from fat 50,
total fat 6g, saturated fat 1g,
cholesterol 0mg, sodium 820mg,
total carbohydrate 51g,
dietary fiber 24g, sugars 4g,
protein 22g, vitamin A 40%,
vitamin C 15%, calcium 6%,
iron 35%

- 2 Tbsp Food Club olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 1/2 tsp salt
- 1 lb Food Club lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts Food Club fat free and reduced sodium chicken broth
- 1/2 tsp freshly ground coriander
- 1/2 tsp freshly ground cumin
- 1/2 tsp freshly ground black pepper

DIRECTIONS:

1. Place the olive oil into a large 6-quart Dutch oven and place over medium heat. Once hot, add the onion, carrot, celery and salt and cook until the onions are translucent, approximately 6 to 7 minutes.
2. Add the lentils, tomatoes, broth, coriander, cumin and pepper and stir to combine. Increase the heat to high and bring to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes.
3. Using a stick blender, puree to your preferred consistency. Serve immediately.

Source: foodnetwork.com

visit unitedtexas.com for more recipe ideas

★ Lentil Soup ★

Shopping List

PRODUCE:

- 1 onion
- Carrots
- Celery
- Tomatoes

SPICES/SEASONINGS:

- Ground coriander
- Ground cumin
- Salt
- Black pepper

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Olive oil
- 1 lb Food Club lentils
- 2 quarts Food Club fat free and reduced sodium chicken broth

FOLD