



## Herbed Lentil Soup

Number of servings: 6

Serving Size: 2 cups

### Equipment:

Slow Cooker

### Ingredients:

- 2 cups dry lentils
- 1 large yellow sweet onion, diced
- 3 carrots, peeled and diced
- 3 stalks celery, chopped small
- 1 large shallot, diced
- 1 leek, white part only, thinly sliced
- 4 cloves garlic, minced
- 5 plum tomatoes, diced or 1 can fire roasted diced tomatoes\*
- 2 teaspoons dried tarragon
- 1 teaspoon each, thyme, paprika
- 2 bay leaves
- 2 Tablespoons sherry vinegar, champagne vinegar, or red wine vinegar
- Ground black pepper to taste
- 6 cups low sodium vegetable broth

\*Use of canned tomatoes may increase sodium content.

### Directions:

Place all ingredients in a slow cooker, including the juice of the canned tomatoes (if using). Cover and cook on high for 4 to 6 hours or on low for 6 to 8 hours.

**Cost per recipe** \$9.05

**Cost per serving** \$1.51

**MyPlate servings:** 2 servings of vegetables

**Adapted from Karma Chow** <http://karmachow.com/>

## Nutrition Facts

Serving Size 2 cups  
Serving Per Container 6

### Amount Per Serving

**Calories** 281

**% Daily Values\***

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 1069mg	<b>31%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 50g	<b>17%</b>
Dietary Fiber 17g	<b>68%</b>
Sugars 9g	
<b>Protein</b> 20g	<b>40%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\*\***Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>