

Lentil Vegetable Soup



Nutrition Facts

Serving Size 1 Bowl (370g)
Serving Per Container: 1

Amount Per Serving

Calories 170 Calories from Fat 35

% Daily Values*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0

Polyunsaturated Fat 0.5g

Monounsaturated Fat 2.5g

Cholesterol less than 5 milligrams **0%**

Sodium 260mg **11%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 8g

Vitamin A 90% • Vitamin C 30%

Calcium 6% • Iron 15%

Vitamin E 0% • Vitamin B6 0%

* 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	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

Lentil Vegetable Soup (8 Servings)

Ingredients:

- 2 tbs Olive Oil
- 3 cloves Garlic, minced
- 1/2 Onion, diced small
- 1 cup Carrot, diced small
- 1 cup Celery, diced
- 1/2 lb dry Lentils
- 4 cups Spinach leaves, washed
- 2 qts Vegetable broth

Garnish

- 2 Roma tomatoes, diced small
- 2 lemons, juiced and zested
- 2 cups, chopped fresh parsley
- Parmesan cheese (optional)

Directions:

Add olive oil to a large pot over medium heat. Add garlic, onions, carrots, and celery with a pinch of salt and pepper. Cook vegetables until tender. Add vegetable broth and bring to a simmer. Reduce heat to medium low add lentils and spinach. Cover pot and simmer for 30 to 40 min or until lentils are tender. For the garnish add diced tomatoes, lemon zest, lemon juice, and chopped parsley to a bowl and combine. Portion soup in to bowls and top with garnish and Parmesan.