



Southwestern Lentil Soup



Ingredients:

4 cups low-sodium chicken broth

4 cups water

1-pound dried lentils

1 bag frozen carrots, onion, and celery blend (about 12 ounces)

2 cans chili ready tomatoes (do not drain)

1 tablespoon ground cumin

1 tablespoon chili powder

Directions:

In a large soup pot with a lid, add all ingredients. Bring to a boil.

Once boiling, reduce heat to a simmer and cover.

Stir occasionally to prevent sticking. If soup becomes too thick, add more water as needed.

Cook 30 minutes, or until lentils are tender.

Optional toppings: shredded cheese, chopped cilantro, diced fresh onions, and jalapenos.

Nutrition Information:

Yield: 8 servings

Serving size: 1 ½ cups

Nutrition Information per Serving: Calories 255, Fat 2g, Protein 18g, Sodium 570mg, Carbohydrate 45g, Fiber 7g

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