

Lentil Soup

Ingredients:

- 1 pound dried lentils
- 1 onion
- 1 carrot
- 2 cloves garlic
- 8 cups water
- 15 ounces beef consommé, or 1 bouillon cube
- Pepper, to taste
- 1 bay leaf

Equipment:

- Cutting board
- Knife
- Large saucepan with lid
- Measuring cups
- Mixing spoon

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 2 hours

Directions

1. Rinse lentils and put in a large saucepan.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to saucepan.
3. Wash a carrot and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Add to saucepan.
4. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to saucepan.
5. Add water, beef consommé, pepper and bay leaf to lentils. Bring to a boil.
6. Turn down heat and simmer until lentils are tender, about 1 1/2 hours.
7. Remove bay leaf. Serve or refrigerate or freeze for later use.
8. One cup diced celery or potato can be added with other vegetables.

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Nutrition Facts

Serving Size: 1 cup			
Servings: 8			
Amount Per Serving		Calories from Fat 9	
Calories 215			
		%Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 293mg			12%
Potassium 643mg			18%
Total Carbohydrate 36g			12%
Dietary Fiber 8g			32%
Protein 19g			38%
Vitamin A 51%	Vitamin C 10%		
Iron 28%	Calcium 5%		

*Percent Daily Values are based on a 2,000 calorie diet.

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