



Lentil Potato Soup

Recipe from cooking4sl.com



Ingredients



- 2 Tbsp vegetable oil
 - 3 cloves garlic, minced
 - 1/4 cup diced onion
 - 1 large carrot
 - 2 Tbsp tomato paste
 - 1/4 cup tomato sauce, optional
 - 1 1/4 cup lentils
 - 12 oz potatoes, cut into bite sized pieces
 - 2 tsp salt
 - 1/4 tsp black pepper
 - 1/4 tsp thyme
 - 1/2 tsp oregano
 - 4-5 cups water
- Yield: 6 servings
Serving Size: 1 cup



Directions



1. Heat oil in a large pot or Dutch oven. Add onion and cook for 1 minute. Add garlic and carrots. Cook for 2-3 minutes, stirring frequently, to prevent burning.
2. Add in the tomato paste, tomato sauce and lentils. Cook for 1 minute. Add potatoes. Pour 4 cups of water on top. Add salt, pepper, thyme, and oregano. Cover and bring to a boil. Reduce heat to medium-low and simmer for 25-35 minutes, until the lentils are cooked and potatoes are tender.
3. Taste the soup and add more salt and pepper if needed. Serve warm.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Add up to 1 more cup of water, if you don't want the soup to be too thick.
- Instead of water, you can use vegetable or chicken stock for more flavor.
- You can add 1 bay leaf if you are a fan of the flavor.
- Try other vegetables for a variety of flavors!

Nutrition Facts

| | |
|-------------------------------|--------------|
| 6 servings per container | |
| Serving size | 1 cup |
| Amount Per Serving | |
| Calories | 160 |
| <small>% Daily Value*</small> | |
| Total Fat 5g | 6% |
| Saturated Fat 0.8g | 4% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 430mg | 19% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 10g | 36% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | 24% |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 3.6mg | 20% |
| Potassium 423mg | 8% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

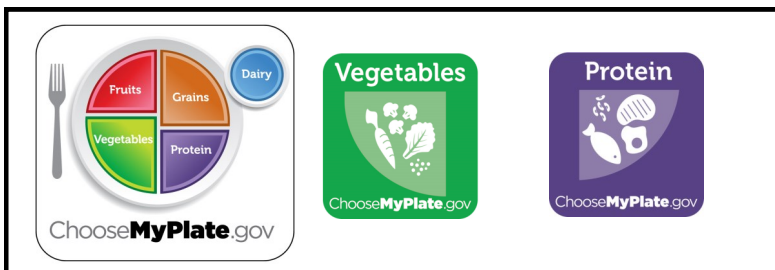
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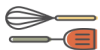
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