Lentil Soup #001667

Ingredients

1 onion, chopped
1/4 cup oil
2cups carrots, grated
2 cups celery, chopped
1 TBLS garlic, minced
2 tsp dried oregano
1 cup cheese
2 tsp dried basil
1/2-#10 can diced tomatoes (51oz)
1.75# dry lentils (4cups)
1 gallons water
1 cup spinach, rinsed and thinly sliced
2 tbsp vinegar
1/2 tsp pepper

Makes: 25, 1 cup servings
Prep Time: 15 minutes
Cooking Time: 1.5 hours
Provides: 2.25 M/MA

Image

Nutrition Facts

C Soup Lentil 18-19

Nutrition Facts
Serving Size: 1 cup
Serving per Container: 1

Amount Per Serving	
Calories: 166	Calories from Fat 36
	% Daily Value*
Total Fat 4.0g	6%
Saturated Fat 1.3g	7%
Trans Fat† 0.0g	
Cholesterol 5mg	2%
Sodium 233mg	10%
Total Carbohydrate 23.9g	8%
Dietary Fiber 4.4g	16%
Protein 9.3g	18%
Vitamin A 36%	Vitamin C 16%
Calcium 4%	Iron 14%

† - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	Breadstick	Lentil Soup	
6.	Contains Soy	X		
7.	Vegetarian	X		