Ingredients

1 onion, chopped
1/4 cup oil
2 cups carrots, grated
2 cups celery, chopped
1 TBLS garlic, minced
1 tsp dried oregano
1 cup cheese
2 tsp dried basil
1/2-#10 can diced tomatoes (51oz)
1.75# dry lentils (4 cups)
1 gallon 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

Possible Allergens or Sensitivites

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>1. Contains Egg</td>
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<td>X</td>
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<tr>
<td>2. Contains Dairy</td>
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<td>3. Contains Nuts</td>
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<td>4. Contains Pork</td>
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<td>5. Contains Gluten</td>
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<td>6. Contains Soy</td>
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<td>7. Vegetarian</td>
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</tbody>
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Nutrition Facts

- Calories: 165
- Total Fat: 4.8g
- Saturated Fat: 1.3g
- Trans Fat: 0.0g
- Cholesterol: 5mg
- Sodium: 233mg
- Total Carbohydrate: 23.9g
- Dietary Fiber: 4.4g
- Protein: 9.3g

Vitamin A 36%
Vitamin C 16%
Calcium 12%
Iron 14%

* Percent Daily Values are based on an average adult diet of 2,000 calories per day.
** %DV% is a measure of how much an individual nutrient is recommended for an individual diet.

Comments

- Contains Egg
- Contains Dairy
- Contains Nuts
- Contains Pork
- Contains Gluten
- Contains Soy
- Vegetarian

Breadstick
Lentil Soup