

---

## TOMATO AND LENTIL SOUP

---

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 3 cups water
- ¾ cup lentils, sorted and rinsed\*
- 1 large bouillon cube
- 14 ounce can chopped tomatoes
- 2 tablespoons tomato paste or ketchup
- Paprika, garlic powder, salt and pepper to taste

1. In a large saucepan, saute onions and carrots in olive oil until they begin to soften. Add waters and lentils. Simmer over medium heat for about 15 minutes, or until lentils begin to soften.
2. Add tomatoes, tomato paste, and desired seasonings. Simmer for an additional 10 minutes or so, until lentils are completely soft and flavors are blended together.
3. Optional: Use an immersion blender or blender to puree the soup.

**\*Note:** Dry lentils need to be sorted and rinsed before cooking. Check for any rocks or debris.

Serves 6. Per serving: 151 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 224 mg sodium, 18 g carb., 6 g fiber, 5 g protein

Cost: \$7.67

---

[www.feedingthegulfcoast.org/recipes](http://www.feedingthegulfcoast.org/recipes) | (888) 704-FOOD

---

## TOMATO AND LENTIL SOUP

---

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 3 cups water
- ¾ cup lentils, sorted and rinsed\*
- 1 large bouillon cube
- 14 ounce can chopped tomatoes
- 2 tablespoons tomato paste or ketchup
- Paprika, garlic powder, salt and pepper to taste

1. In a large saucepan, saute onions and carrots in olive oil until they begin to soften. Add waters and lentils. Simmer over medium heat for about 15 minutes, or until lentils begin to soften.
2. Add tomatoes, tomato paste, and desired seasonings. Simmer for an additional 10 minutes or so, until lentils are completely soft and flavors are blended together.
3. Optional: Use an immersion blender or blender to puree the soup.

**\*Note:** Dry lentils need to be sorted and rinsed before cooking. Check for any rocks or debris.

Serves 6. Per serving: 151 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 224 mg sodium, 18 g carb., 6 g fiber, 5 g protein

Cost: \$7.67

---

[www.feedingthegulfcoast.org/recipes](http://www.feedingthegulfcoast.org/recipes) | (888) 704-FOOD