

# Let's Cook our Commodities!

## Lentil Vegetable Soup

### Ingredients

- 1 Tbsp. vegetable or Canola oil
- 1 yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 8 cups low-sodium chicken or vegetable broth
- 1 can (28 oz.) diced tomatoes
- 1½ cups dried lentils
- 1 tsp. dried thyme
- Salt and black pepper to taste

**Makes**  
8 servings

**Prep Time**  
15 minutes

**Cook Time**  
1 hour

**Good Source of**  
Fiber  
Protein  
Iron



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### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup (408g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 3mg	<b>15%</b>
Potassium 660mg	<b>15%</b>

\*The % Daily Value 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.

### Directions

1. In a small saucepan over medium-high heat, combine lentils, garlic, salt, and water.
2. Bring the mixture to a simmer, then reduce heat to low to maintain a gentle simmer. Cook until the lentils are cooked through and tender, between 25 to 35 minutes.
3. Meanwhile, in a separate pot, cook the pasta until al dente, according to its package instructions. Drain, then return the pasta to the pot and set aside.
4. Once the lentils are tender, drain the water, discard the garlic, and return the pot of lentils to the stove.
5. Stir the spaghetti sauce into the lentils and cook over medium heat until heated thoroughly, about 5 minutes. Remove from heat.
6. Divide the cooked pasta into bowls. Top with lentil spaghetti sauce and garnish with optional Parmesan and/or basil.
7. Serve hot. Refrigerate any leftovers.

