



Lentil Minestrone

Cook time: 1 hour 20 minutes

Makes: 6 Servings

This soup starts with plenty of vegetables - carrots, celery, sweet potato, zucchini and tomatoes and hearty lentils simmered to make a rich and tasty meal for a hungry family.

Ingredients

- 1 tablespoon** olive or vegetable oil
- 1** yellow onion (peeled and chopped)
- 2 cloves** garlic (peeled and minced)
- 3** carrots (scrubbed and diced into 1/4-inch pieces)
- 1** celery stalk (diced into 1/4-inch pieces)
- 1** sweet potato (scrubbed and diced into 1/4-inch pieces)
- 1** zucchini (diced into 1/4-inch pieces or 1 cup of frozen zucchini)
- 2 cups** canned low-sodium, diced tomatoes (including liquid or fresh tomatoes)

Nutrition Information

Nutrients	Amount
Calories	167
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	82 mg
Total Carbohydrate	29 g
Dietary Fiber	8 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	8 g
Vitamin D	0 mcg
Calcium	144 mg
Iron	4 mg
Potassium	896 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 1/2 cups
 Protein Foods	1 ounce

1/2 cup lentils (brown or red)

8 cups water

1 cube low-sodium chicken bouillon

4 cups kale (washed and chopped into 1/4-1/2-inch pieces)

Directions

1. Put a soup pot on the stove over medium-high heat. When the pot is hot, add the oil. Add onion and garlic and cook about 7 minutes until golden.
2. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
3. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat. Turn the heat down to low, cover and cook 40 minutes.
4. Add the kale and cook an additional 20 minutes. Serve right away or cover and refrigerate for up to 3 days.

Source: USDA Center for Nutrition Policy and Promotion