



A Nutrition Resource

# SLOW COOKER LENTIL SOUP

**Yield: 8 Servings | Serving Size: 1 cup**

**Cost/serving: \$0.34**

## Ingredients:

- 6 cup water
- 1/4 cup chopped fresh parsley or 2 Tablespoons dried parsley (optional)
- 2 teaspoons or 2 cubes beef bouillon
- 2 teaspoons Italian seasoning blend
- 1 1/2 cups dry lentils
- 4 medium carrots, sliced
- 1 medium onion, chopped
- 2 celery stalks, sliced

## Directions:

- 1) Mix all ingredients together in slow cooker.
- 2) Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
- 3) Serve hot with whole grain crackers or bread.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>(465g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 58mg	<b>4%</b>
Iron 5mg	<b>30%</b>
Potassium 873mg	<b>20%</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.



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