

Lentil and Vegetable Soup



SERVES:
4



TOTAL TIME:
35 minutes



ESTIMATED COST:
\$3.75

Ingredients

- 1 cup dried green or brown lentils, rinsed
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 small onion, diced
- 1 can diced tomatoes
- 5 cups vegetable broth
- 2 garlic cloves, minced
- 1 tsp cumin
- Salt, pepper, and olive oil

Instructions

- ① Saute onion, carrots, and celery in olive oil until softened.
- ② Add garlic and cumin, stir for 30 seconds.
- ③ Add lentils, tomatoes, and broth. Bring to a boil, reduce heat, and simmer uncovered for 25 to 30 minutes until lentils are tender.
- ④ Adjust seasoning and serve.

