



A Nutrition Resource



# JEANNE'S LENTIL SOUP

**Yield: 6 Servings**

**Cost/Serving: \$1.86**

**Ingredients:**

- 1 1/3 cups dry lentils, *rinsed and checked* for stones
- 3 cups chicken stock
- 1 1/2 cups water
- 1 celery stalk, sliced *1/2-Inch thick*
- 1 carrot, sliced
- 1/2 onion, diced
- 1 garlic glove, minced
- 1 bay leaf
- 3/4 lb. ham

**Directions:**

1. Bring water to a boil. Cook lentils in twice as much water as lentils. Strain and set aside.
2. Sauté celery, onions, and carrots until tender.
3. Add ham and garlic and sauté for one minute.
4. Add lentils and remaining Ingredients to stew pot and cook for 2 hours.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 790mg	<b>34%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 2g Added Sugars <b>4%</b>	
<b>Protein</b> 18g	
Vitamin D 0.4mcg	2%
Calcium 20mg	2%
Iron 2.2mg	10%
Potassium 540mg	10%

\* The % Daily Value (DV) 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.

Source: MT Harvest of the Month and Edward Christensen, Missoula County Public School

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