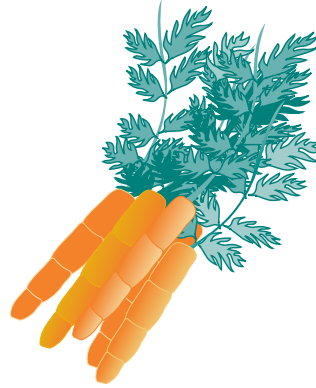
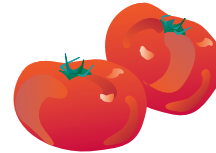


Lentil Soup



Ingredients:

- 1/2 cup dry lentils
- 1 chicken bouillon cube
- 2 1/2 cups water
- 1/4 cup sliced celery
- 1/4 cup sliced carrots
- 1/4 cup chopped onion
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dry parsley flakes)
- Dash black pepper
- 1/8 teaspoon garlic powder
- 1 or 2 slices lean turkey bacon, if desired
- 1/3 can (16 ounce) or 2/3 cup diced or chopped whole tomatoes, undrained
- 1 teaspoon vinegar



Preparation:

1. Combine first ten ingredients.
2. Bring to a boil, reduce heat, and simmer for 1 hour or until the lentils are softened.
3. Add the turkey bacon, tomatoes, and vinegar and simmer for 10 minutes. Serve with chopped parsley sprinkled on top.

Makes four 1 cup servings

Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Cholesterol 5mg	1%
Sodium 420mg	17%
Total Carbohydrate 18g	6%
Dietary Fiber 8g	33%
Sugars 4g	
Protein 8g	
Vitamin A 50%	Vitamin C 20%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

CAUTION: For sodium restricted diets use low sodium bouillon and no salt-added tomatoes