

Lentil Soup

Serving Size: 1 Cup | Servings per Recipe: 10 | Diabetes Friendly



INGREDIENTS

- 2 tablespoons cooking oil
- 1 large onion, chopped (red, yellow, or white)
- 3 carrots, finely chopped
- 3 garlic cloves, minced
- 2 cups lentils (rinsed)
- 1 can (14½ oz) diced tomatoes
- 1 bay leaf
- ¼ teaspoon red pepper flakes (optional)
- 1 teaspoon salt
- 1 teaspoon black pepper

DIRECTIONS

- Heat oil in a pot over medium-high heat. Add onions, carrots, garlic, and red pepper flakes. Cook until soft.
- Stir in diced tomatoes, bay leaf, salt, and black pepper.
- Add rinsed lentils and enough water or broth to cover. Bring to a boil.
- Reduce heat and simmer 20–30 minutes, until lentils are soft. Check often.
- Remove bay leaf and adjust salt and pepper if needed. Serve warm.

Calories per serving: 200 | 4 g total fat | 29 g total carbohydrates | 353 mg sodium | 14 g protein