

Lentil Minestrone

This soup starts with plenty of vegetables - carrots, celery, sweet potato, zucchini and tomatoes and hearty lentils simmered to make a rich and tasty meal for a hungry family.

Makes: 6 Servings

Source: U.S. Department of Agriculture, Choose MyPlate, recipe/Lentil Minestrone



Small Changes,
BIG Difference!

Ingredients

- 1 tablespoon olive or vegetable oil
- 1 yellow onion (peeled and chopped)
- 2 clove garlic (peeled and minced)
- 3 carrots (scrubbed and diced into 1/4-inch pieces)
- 1 celery stalk (diced into 1/4-inch pieces)
- 1 sweet potato (scrubbed and diced into 1/4-inch pieces)
- 1 zucchini (diced into 1/4-inch pieces or 1 cup of frozen zucchini)
- 2 cup canned low-sodium, diced tomatoes (including liquid or fresh tomatoes)
- 1/2 cup lentils (brown or red)
- 8 cup water
- 1 cube low-sodium chicken bouillon
- 4 cup kale (washed and chopped into 1/4-1/2-inch pieces)



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	167
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	82 mg
Total Carbohydrates:	29 g
Dietary Fiber:	8 g
Total Sugars:	0 g
Added Sugars:	144 g
Protein	8 g

Utensils Needed

- Soup pot
- Stove
- Serving bowl and spoon

Directions

1. Put a soup pot on the stove over medium-high heat. When the pot is hot, add the oil. Add onion and garlic and cook about 7 minutes until golden.
2. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
3. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat. Turn the heat down to low, cover and cook 40 minutes.
4. Add the kale and cook an additional 20 minutes. Serve right away or cover and refrigerate for up to 3 days.

SHOPPING LIST

Average total cost without oil and seasonings: \$11.86

Average cost/serving: \$1.98

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Yellow Onion, 16 oz (avg)



Add 1 to Cart
Lentils, 16oz



Add 1 to Cart
Clove Garlic, 4 oz (avg)



Add 1 to Cart
Chicken Bullion Cubes, 6 ct.



Add 3 to Cart
Carrots, 4 oz (avg)



Add 1 to Cart
Celery, 1 bunch



Add 1 to Cart
Sweet Potato, 10 oz (avg)



Add 1 to Cart
Kale, 1 bunch



Add 1 to Cart
Zucchini, 9oz (avg)

My Cooking Notes