

Nutrition Education

These nutritious and delicious soups are a great way to warm up this winter.

Lentil and Veggie Soup

Ingredients:

- 1 onion, chopped
 - 2 T. olive oil
 - 2 carrots, diced
 - 2 stalks celery, chopped
 - 3 cloves garlic, minced
 - 1 teaspoon dried oregano
 - 1 bay leaf
 - 1 teaspoon dried basil
 - 1 (14.5 ounce) can crushed tomatoes
 - 2 cups dry lentils
 - 8 cups chicken broth
 - 1 cup spinach, rinsed and thinly sliced
 - 2 tablespoons balsamic vinegar
 - Salt and ground black pepper to taste
1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
 2. Stir in lentils, and add broth and tomatoes. Bring to a boil. Reduce heat, and simmer for 1-2 hours. When ready to serve, stir in spinach, and cook until it wilts. Remove bay leaf, stir in vinegar and season to taste with salt and pepper.

