

## Vegetable Soup with Kale and Lentils

Serves: 6 ■ Serving size: 1½ cups ■ Cost/serving: \$.89



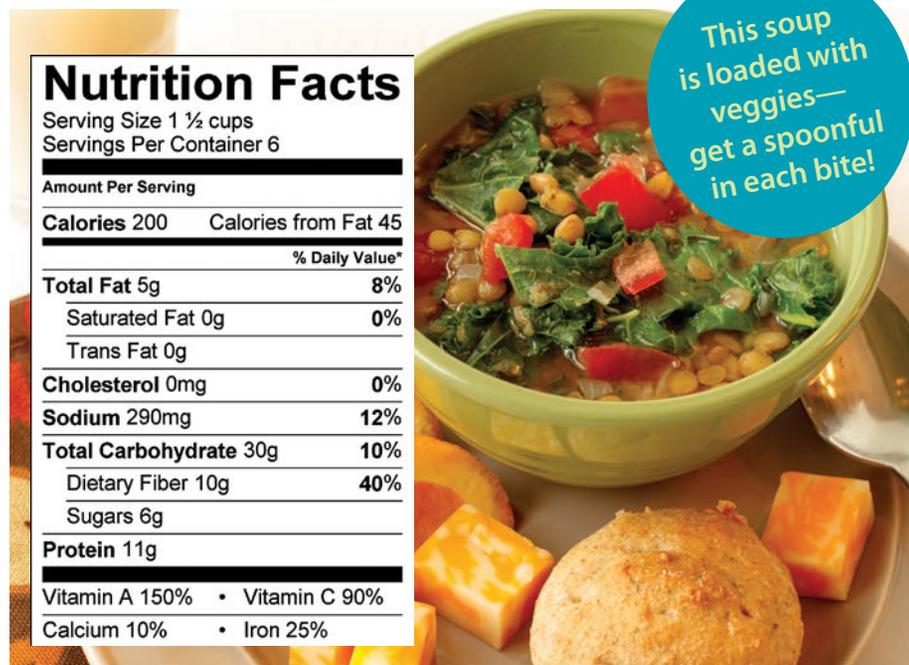
### Ingredients:

2 tablespoons vegetable oil  
 1 medium onion, chopped (about 1 cup)  
 1 medium carrot, sliced ⅛ inch thick  
 2 teaspoons garlic, peeled and minced (3-4 cloves), or ½ teaspoon garlic powder  
 4 cups water  
 1 cup dry yellow or brown lentils  
 1 can (14.5 ounces) reduced sodium chicken broth  
 1 tablespoon dried basil or Italian seasoning  
 1 can (14.5 ounces) no sodium added diced tomatoes or 2 chopped tomatoes  
 1 bunch kale (about 7 ounces)  
 ¼ teaspoon salt  
 ⅛ teaspoon black pepper

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions, carrots, and garlic. Cook 5 minutes.
3. Add water to veggies in pot. Heat to boiling.
4. Rinse lentils in colander with water. Add lentils to pot and simmer for 20 minutes. Do not drain.
5. Add chicken broth, dried basil or Italian seasoning, and tomatoes. Cover and cook for 5-10 minutes.
6. Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1-inch pieces.
7. Stir kale, salt, and pepper into lentil mixture. Return to boiling. Reduce heat, cover, and simmer for 3 minutes.

Recipe adapted with permission from Iowa State University Extension.



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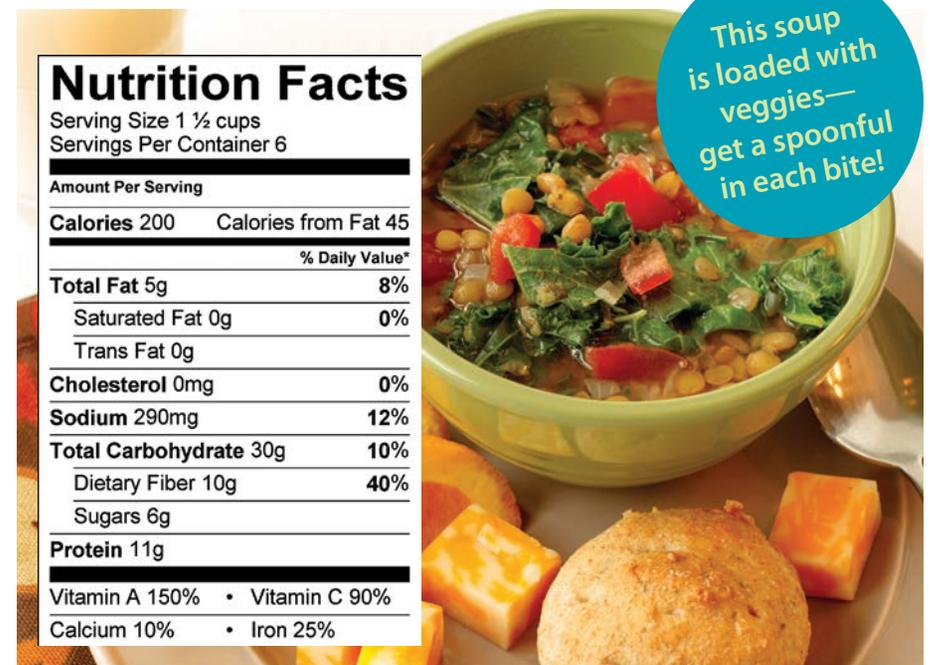
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### Nutrition Facts

Serving Size 1½ cups	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 10g	40%
Sugars 6g	
<b>Protein 11g</b>	
Vitamin A 150%	Vitamin C 90%
Calcium 10%	Iron 25%

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