Simple, Seasonal, Sustainable

Recipe of the Week

Slow Cooker Lentil Soup

Ingredients:
• 6 cups water
• 1/4 cup parsley (chopped fresh, or 2 Tablespoons dried parsley optional)
• 2 teaspoons beef bouillon (or 2 cubes beef bouillon)
• 1 1/2 cups lentils (dry)
• 2 carrot (medium, sliced)
• 1 onion (medium, chopped)
• 2 celery stalk (sliced)

Directions:
1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread.

Serves 6
Nutrition: 140 Calories, 6 g fat, 2 g saturated fat, 12 g carbohydrate, 2 g fiber, 4 g protein, 290 mg sodium
Source: What’s Cooking? USDA Mixing Bowl