



*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 carbohy-
drate, 2 g fiber, 4 g protein, 290
mg sodium*

*Source: What's Cooking? USDA
Mixing Bowl*

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