

## Hearty Lentil Soup

**You'll Need:** Large pot, large spoon, measuring cups and spoons, cutting board, large sharp knife

**Preparation Time:** 20 minutes

**Cooking Time:** 40 minutes

Ingredients	Amount for 8 Servings
Chopped Bacon (low sodium if possible)	½ package (1/2 lb)
Kielbasa (or bologna), finely chopped	1 cup
Onion, finely diced	1 cup
Garlic, finely diced	4 cloves or ½ teaspoon of garlic powder
Chicken broth	2 liters
Canned Diced Tomatoes	One 19 oz (540ml) can
Carrots, chopped	1 cup
Dry Lentils	1 cup
Water	2 cups

### Method:

**Step 1:** Add bacon to pot and cook on medium heat. Cook until some of the fat has come out from the bacon. Do **not** cook bacon until crisp. **Step 2:** Add kielbasa, onions, and garlic to bacon. Cooking for 5-8 minutes or until vegetables are tender. **Step 3:** Add chicken broth, diced tomatoes, carrots, oregano, parsley, pepper and water. **Step 4:** Bring to a boil and then simmer for 20 minutes. **Step 5:** Add lentils and simmer for another 20 minutes

### Nutrients per Serving:

<b>Calories: 408 kcals</b>	<b>Fat: 30.1 g</b>	<b>Sodium: 874.4 mg</b>
<b>Carbohydrate: 20.9 g</b>	<b>Fiber: 3.6 g</b>	<b>Protein: 13.7 g</b>