

Lentil Soup



Makes:

4 servings, approximately 1 ¹/₂ cups each

Utensil:

4 Qt./3.8 L Roaster with Cover

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Contributed By:

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Authorized Saladmaster Dealer

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Recipe Description:

A quick and easy lentil soup that will soon become one of your favorite lentil recipes!

2
cups
lentils
(384
g)
4
cups
water
(950
mL)
2
green onions, chopped
1
teaspoon
cumin powder
(2
g)
1

teaspoon
curry powder
(2
g)

1
teaspoon
dried oregano
(1
g)

Directions:

1. In roaster, wash and drain the lentils.
2. Add remaining ingredients, cover and place over medium heat. When the Vapo-Valve? clicks, turn heat to low and cook for 20 minutes or until desired tenderness.

Nutritional Information per Serving

Calories:

346

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

15mg

Total Carbs:

59g

Dietary Fiber:

30g

Sugar:

2g

Protein:

25g