

Lentil Soup



Makes:

4 servings, approximately 1½ cups each

Utensil:

4 Qt./3.8 L Roaster with Cover

Rate ★★☆☆☆

Recipe:

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!

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 59g
Carbs:
Dietary Fiber: 30g
Sugar: 2g
Protein: 25g