

Lentil Soup



Makes:

4 servings, approximately 1½ cups each

Utensil:

4 Qt./3.8 L Roaster with Cover

Rate ★★☆☆☆

Recipe:

Contributed By:

Jael Tanti  
Authorized Saladmaster Dealer  
[Write a Review](#)

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