

Slow Cooker Lentil Soup

February 2022 Recipe



Makes: 6 servings

Ingredients

6 cups water
¼ cup fresh parsley (chopped, or 2 Tbsp. dried parsley)
2 tsp. beef bouillon
1 ½ cups lentils (dry)
2 medium carrots (sliced)
1 medium onion (chopped)
2 celery stalks (sliced)

Directions

1. Mix all ingredients in a slow cooker.
2. Cook on the low setting for 8-10 hours or on the high setting for 4-5 hours.
3. Serve hot with crackers or bread.

Nutritional information for 1 serving

Calories	175
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	179 mg
Carbohydrate	31 g
Dietary fiber	12 g
Total sugars	4 g
Added sugars included	0 g
Protein	13 g