

Lentil Soup with Lime Juice

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 pound dried lentils, washed and picked over
- 8 cups cold water
- 1 teaspoon salt
- 1/2 teaspoon each black pepper and ground cumin
- 1 teaspoon mint flakes or dried thyme or oregano, crumbled
- 3 bay leaves
- 1 can (4 ounces) mild green chilies, drained and chopped
- 1 medium red pepper, cored, seeded and finely chopped
- 1 medium carrot, peeled and finely chopped
- 1/3 cup fresh lime juice or to taste (or 1 tablespoon lemon juice)

Directions:

1. In a large saucepan, sauté the onion in 1 tablespoon vegetable oil.
2. Add lentils, water, salt, pepper, cumin, chosen seasonings, and bay leaves then bring to a boil over moderate heat. Lower the heat, cover and simmer, stirring occasionally for 30 minutes.
3. Add the green chilies, red pepper and carrots; simmer 15 more minutes, or until the lentils are very soft.
4. Before serving remove and discard the bay leaves and stir in the lime juice; adjust the seasoning, if necessary. Serve hot.
5. Refrigerate leftovers within two hours.

Nutrition Facts	
Serving Size 3/4 cup (238g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 10g	
Vitamin A 25%	Vitamin C 40%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

12 servings, 3/4 cup each

Tips: Try topping soup with a dollop of sour cream and chopped tomatoes. This soup is also good if a potato, another carrot and celery are added. Eliminate the peppers, chilies, and cumin if you do not want the Mexican flavors.



Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>