Lentil Recipe:

Slow Cooker

Vegetable Lentil
Soup



Ingredient	Approx. Cost*
1 cup dried lentils, rinsed (~1/3 of a 1 lb bag)	\$.43
1 cup chopped celery (~2 stalks, 1/4 of a bunch)	\$.22
1 cup chopped carrots (~2, ½ of a 1 lb. bag)	\$.50
1 medium Spanish onion, chopped (~1 cup)	\$.59
2 cloves garlic, chopped fine	\$.14
1- 14.5 oz can diced tomatoes, with juice	\$ 1.69
4 tablespoons of tomato paste (~1/2 a 6 oz can)	\$.32
1 – 32 oz container of chicken stock	\$ 2.99
1 ¹ / ₄ cup water	
½ teaspoon each of dried basil and dried oregano, ¼ teaspoon dried	\$ 1.50**
thyme, 1-2 tablespoons red wine vinegar, salt and pepper to taste	
1 – 6 oz bag shredded parmesan cheese (1 ½ cups)	\$ 3.79
12 Poached Eggs	\$ 1.33
Total	\$13.50

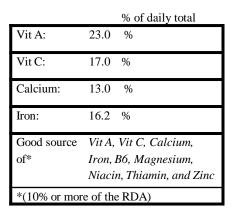
[#] of servings: 12 Cost per serving: \$1.13

Directions: Put everything but the vinegar and parmesan cheese in a slow cooker and cook on low for 8 to 10 hours or on high for 4 to 5 hours. Before serving, splash in 1 to 2 tablespoon of vinegar and sprinkle with shredded parmesan cheese. Serve warm with poached egg on top!

Nutritional Information per Serving:

Calories	176.1		_
Total Fat	6.7	g	
Saturated Fat	2.4	g	
% of daily total	11.7	%	
Carbohydrates	15.1	g	
Protein	14	g	
Fiber	6.4	g	

based on 2000 calorie diet





^{*}Based on Peapod's on-line pricing.

^{**}Condiments and spices are calculated as a 25 cent estimate each time they are used.