

# 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, 1/4 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	
1/2 teaspoon each of dried basil and dried oregano, 1/4 teaspoon dried thyme, 1-2 tablespoons red wine vinegar, salt and pepper to taste	\$ 1.50**
1 – 6 oz bag shredded parmesan cheese (1 1/2 cups)	\$ 3.79
12 Poached Eggs	\$ 1.33
<b>Total</b>	<b>\$13.50</b>

# of servings: 12 **Cost per serving: \$1.13**

\*Based on Peapod's on-line pricing .

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

**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:

<b>Calories</b>	176.1
<b>Total Fat</b>	6.7 g
Saturated Fat	2.4 g
% of daily total	11.7 %
<b>Carbohydrates</b>	15.1 g
<b>Protein</b>	14 g
<b>Fiber</b>	6.4 g

	% of daily total
Vit A:	23.0 %
Vit C:	17.0 %
Calcium:	13.0 %
Iron:	16.2 %
Good source of*	<i>Vit A, Vit C, Calcium, Iron, B6, Magnesium, Niacin, Thiamin, and Zinc</i>
*(10% or more of the RDA)	

based on 2000 calorie diet

