

Red Lentil Tomato Soup

Nutrition Facts:	
Yield	8
Calories	260
Fat	2.3 g
Sodium	24 mg

Code
\$, Q, V



Ingredients Needed:

1 Tbsp. olive oil
2 cups chopped onion
2 cups chopped celery
2 large cans Roma tomatoes
6 cups low-sodium, non-fat chicken or veggie broth
2 cups dried lentils (rinsed)
1 cup chopped fresh Italian parsley
1 cup dry red wine
4 cloves garlic, finely minced
½ tsp. ground pepper
½ tsp. salt
¼ tsp. cloves

Recipe Directions:

- Sauté onions and celery in olive oil in a large soup pot, for about 10 minutes.
- Blend tomatoes with their juice in a blender or food processor, until smooth, add to veggies.
- Add broth and lentils. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally for 20 minutes.
- Add ½ cup of the parsley, along with the wine, garlic, pepper, salt, and cloves. Stir well and simmer for another 25 minutes.
- Add remaining ½ cup of parsley and balsamic vinegar. Simmer another 5 minutes. Serve immediately with rustic multigrain bread and enjoy!

