

Lentil Soup

1 cup dry lentils, rinsed and drained
1 c green bell pepper, chopped
2 medium carrots, chopped
1 medium onion, chopped
½ t dried sage, crushed
¼ tsp ground red pepper
3 garlic cloves, minced
2 ½ cups low sodium chicken broth
2 ½ cups water

In large pot mix lentils, sweet pepper, carrots, onion, sage, ground red pepper, garlic, chicken broth and water. Bring to a boil, reduce heat. Cover and simmer for 20-25 minutes or until vegetables and lentils are tender.

Serving Size: 1 ¼ cups. Makes 5 servings.

Calories 150 Fat 1g Carbohydrates 29g Dietary Fiber 7g Protein 9g Sodium 250mg