

Easy Lentil Soup

Preparation Time: 15 minutes

Complexity: Easy

2 ½ cups	lentils, brown/green, washed
4	green onions, chopped
1 cup	celery, chopped fine
1	bay leaf
10 cups	water
1 cup	carrots, diced
1 ½ cups	potatoes, diced
½ tsp	Mrs. Dash seasoning
1 tbsp	chicken like seasoning
1 tbsp	lemon juice



1. Place all ingredients except lemon juice into a Crock-Pot. Cook overnight.
2. Prior to serving, add lemon juice

CHIP Tips:

- Garnish with fresh diced tomato with a leaf of fresh basil.

Serves: 12

Nutritional Information

1 ½ Cup Serving	158 Calories	13g Prot (31%)	27g Carb (67%)	0g Fat (2%)	4g Sugar
	14g Fiber	28mg Sodium	0mg Cholesterol	38mg Calcium	