

BEYOND HUNGER

LENTIL AND VEGETABLE SOUP WITH PASTA

Lentil and vegetable soup with pasta is a comforting meal that can be made with staple pantry items and seasonal ingredients at any time of the year. While you may associate soups with winter, the best thing about making this meal in the summer is that you don't have to heat up your home with the oven and it can easily be prepared ahead of time and reheated. Additionally, you can make great use of your summer squash, although you can substitute for just about any vegetable you have on hand! This soup is a great place to boast your vegetable intake, and lentils are a very nutritious because they are rich in plant-based protein, fiber, iron, and other important nutrients!

Yield: 4 servings

Ingredients:

- 1 cup **dry lentils**
- 4 cups **low sodium chicken broth**
- 2 Tbs **olive oil**
- 1 medium **onion**, chopped
- 1 medium **zucchini**, chopped
- 1 medium **carrot**, chopped
- 1 **lemon**, juiced
- 2 ½ cups **dry pasta**

Instructions:

1. Rinse the dry lentils and place them in a pot. Add the chicken broth.
2. Turn the flame to a high heat with the pot covered. When the broth boils, reduce the flame to a low heat.
3. Add oil to a skillet and heat on a medium-high flame. Add the vegetables and sauté until soft. Add the vegetable mixture to the pot keeping the lid covered.
4. Allow to cook for 30-45 minutes or until the lentils are soft. When the soup is finished cooking, add the lemon juice, and stir thoroughly to combine.
5. About halfway through cooking the lentils, begin to cook the pasta according to the package instructions.
6. Mix the pasta with the soup, serve, and enjoy warm.

Per Serving: Calories 517 , Protein 25 g, Saturated Fat 1.7 g, Sodium 102.2 mg, Fiber 8.5 g, Sugars 7 g

