



# Indian Lentil Soup

Serves: 8 cups

Active time: 1 hour 30 min

Total time: 2 hours

## Ingredients

1 cup lentils  
5 cups water  
1 clove garlic, crushed, minced  
1 cup chopped onion  
½ cup thinly sliced celery  
1 cup carrots, finely diced  
1 ½ Tbsp tomato paste  
1 bay leaf  
1/8 tsp chili powder  
1 ½ teaspoon salt  
1 ½ cups canned whole crushed tomatoes  
½ cup chopped fresh parsley



## Directions

- Combine the lentils, water, garlic, onion, celery, and carrots in a large saucepan, and bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, for about 1 hour. Add the remaining ingredients, except the parsley, and simmer for 10 minutes. Just before serving, stir in the parsley. Serve hot.

### PER 1 CUP SERVING:

Calories: 120  
Fat: 2.1 g  
Carbohydrates: 19.9 g  
Protein: 7.1 g  
Dietary fiber: 6.9 g  
Sodium: 550 mg