

Herbed Tomato & Lentil Soup

Prep Time: 15 min
Cook Time: 40 min
Servings: 8

Ingredients

- 2 tbsp extra virgin olive oil
- 1 medium yellow onion (diced)
- 2 tbsp fresh rosemary (chopped)
- 1 tbsp fresh thyme (chopped)
- 3 tbsp tomato paste
- 1/4 cup dry white wine
- 2 (15-ounce) no added salt cans diced tomatoes (undrained)
- 1 cup green lentils (rinsed)
- 32oz low-sodium vegetable broth
- 1/2 tsp ground black pepper
- 1/4 cup fresh parsley (chopped)
- 1/4 cup fresh basil (chopped)

Instructions

1. Heat the oil in a large pot over medium heat.
2. Add the onion, rosemary, and thyme and sauté for 2 minutes, or until the onion is translucent.
3. Add the tomato paste and sauté for 1 1/2 minutes.
4. Deglaze the pan with the wine.
5. Add the diced tomatoes with their juice, lentils and broth.
6. Bring to a boil, reduce the heat and simmer for 30-40 minutes, or until the lentils are tender.
7. Season with the pepper, then top with parsley and basil.



Nutrition Facts

servings per container	
Serving size	(420g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 528mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.