

Lentil Medley Soup serves 15

1lb package of 16 bean soup mix (Harris Teeter brand used)
9 cups water
1 medium sized onion
2 cups chopped carrots
2 cups chopped celery
2- 14.5 oz cans diced tomatoes
2 -4 oz cans mushrooms
3 extra large vegetarian vegetable Bouillon cubes (6 regular sized)
4 Cloves Garlic
½ TBS Cumin
½ TBS Black Pepper



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Nutrition Facts:

Serving Size 229 grams,

Amount per serving: Calories: 53, Protein: 2.8 g, Carbohydrates: 10 g, Fat: .5 g , (Calories from fat: 4), (trans fat: 0,Cholesterol: 0 mg,), Sugar: 2.3 g, Sodium: 154 mg, Dietary fiber: 2.6 g
Vitamin A: 55%; Calcium: 3%; Vitamin C: 19%; Iron: 7% (Based of a 2000 calorie diet)

Method

Rinse and sort beans, then boil in 9 cups of water for 35 minutes. Stir in remaining ingredients and leave to boil for another 15 minutes or to desired tenderness. Remove from heat and serve. In

addition you may opt to serve it with some low fat mozzarella for added flavor and calcium.

