

# Lentil Soup



- 1 cup chopped onion
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 teaspoon ground cumin
- 2 cloves garlic, finely chopped
- 6 ounces spicy tomato-vegetable juice
- 3 cups water
- 1 cup dried lentils, sorted and rinsed
- 2 cups canned, diced tomatoes, undrained
- 4-1/2 ounce can chopped green chilies, undrained
- 1 cup frozen, canned or fresh whole kernel corn
- 2 cups sliced zucchini

1. Heat onion, chili powder, salt, cumin, garlic and tomato juice to boiling in a 3-quart saucepan; reduce heat. Cover and simmer 5 minutes.
2. Stir in water, lentils, tomatoes, and chilies. Heat to boiling; reduce heat. Cover and simmer 20 minutes.
3. Stir in corn, cover and simmer 10 minutes. Stir in zucchini, cover and simmer about 5 minutes or until lentils and zucchini are tender.

Yield: 6 servings

<b>Nutrition Facts</b>		
Servings per recipe: 6		
<b>Calories 177</b>	Calories from fat 9	
	% Daily Value	
<b>Total Fat</b> 1g		2%
Saturated Fat	trace	1%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 307mg		13%
<b>Carbohydrate</b> 34g		11%
Dietary Fiber	13g	51%
<b>Protein</b> 12g		24%
Vitamin A: 25%	Vitamin C: 111%	Folacin: 45%
Calcium: 5%	Iron: 23%	Potassium: 21%

Modified from original source: <http://www.bettycrocker.com/Recipes> accessed 11/26/07  
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