

Slow cooker lentil soup



Recipe credit

Montana State University Extension Service

About this recipe

Serves

6

Serving size

1/6 of recipe (345g)

Ingredients

- 6 cups water

- 1/4 cup fresh parsley, chopped (optional, or 2 Tablespoons dried parsley)
- 2 teaspoons beef bouillon (or 2 cubes beef bouillon)
- 1 1/2 cups lentils (dry)
- 2 carrot (medium, sliced)
- 1 onion (medium, chopped)
- 2 celery stalk (sliced)

Directions

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread.

Nutritional info

Calories

175

Total fat

1 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

179 mg

Total carbohydrates

31 g

Dietary fiber

12 g

Protein

13 g

Total sugar

4 g

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