



# Lentil Soup with Brown Rice

6 Servings • 1 Serving = 2 Cups

## INGREDIENTS

- 3 Tablespoons olive oil
- 1 cup onion, chopped
- 1 cup celery, chopped
- 6 cloves garlic, minced
- 1 Tablespoon fresh thyme, chopped
- 1 Tablespoon fresh oregano, chopped
- 8 cups reduced-sodium chicken broth
- ½ cup long-grain brown rice
- 2 cups tomato, chopped
- ¼ cup dry brown lentils, rinsed and drained
- 1 Tablespoon lemon juice
- ¼ teaspoon freshly ground black pepper
- ¼ cup parmesan cheese, shredded

## DIRECTIONS

1. In a 4 quart Dutch oven or large stock pot, heat olive oil over medium heat. Add onion, celery, garlic, and herbs. Cook for about 5 minutes, stirring occasionally, until vegetables are tender. Stir in broth and brown rice. Bring to a boil and reduce heat. Simmer, uncovered, for 10 minutes.
2. Stir in tomato and lentils. Return to a boil, reduce heat, and cover. Simmer for about 30 minutes or until rice and lentils are tender.
3. Stir in lemon juice, pepper, and parmesan.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>2 Cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 95mg	<b>8%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 723mg	<b>15%</b>

\*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.

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