

# TUSCAN LENTIL SOUP FIT

**Serving size: 8 fl oz**

**Makes 8 servings**

- 1 TBSP Olive Oil
- 2 oz Celery, diced
- 4 oz Yellow Onion, diced
- 4 oz Carrot, peeled and diced
- $\frac{3}{4}$  tsp Garlic, minced
- 6 cups Low Sodium Vegetable Broth
- 4 oz Potato, diced
- $\frac{1}{2}$  lb Lentils, dry
- 3 oz Diced Tomato, canned
- $\frac{3}{4}$  tsp Lemon Zest
- 2 TBSP Basil, chopped
- 1  $\frac{2}{3}$  tsp Salt
- 2 tsp Lemon Juice

## Preparation:

1. Heat oil. Sauté celery, onions, carrots and garlic until tender.
2. Add vegetable broth, potatoes and lentils. Bring to a boil, reduce heat, simmer and cook for 45 minutes, until lentils are tender.
3. Add the tomatoes, lemon zest, basil, salt, and lemon juice. Simmer an additional 10 minutes.



*Registered Dietitian Approved!*



Scan here to download recipe!

## NUTRITION FACTS PER SERVING

calories	160
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	500
total carbohydrate (g)	27
dietary fiber (g)	4
sugar (g)	3
protein (g)	8

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