

# Vegetable, Lentil, Brown Rice Soup

Portion Size: 1 cup    Yield: 8

## Ingredients:

Brown Rice, Dry	1/3 cup
Onions, 1/4" Diced	1/2 cup
Celery, 1/4" Diced	1/2 cup
Carrots, 1/4" Diced	1/3 cup
Garlic, Peeled, Minced	2 tsp
Canola Oil	2 tsp
Low Sodium Vegetable Broth	5 1/2 cups
Potatoes, Peeled, Diced	1 cup
Yellow Lentils, Dry	1/3 cup
White Vinegar	1 TBSP
Plum Tomatoes, Diced, Seeded	1/2 cup
Kosher Salt	3/4 tsp
Crushed Red Pepper Flakes	1/8 tsp
Basil, Fresh, Chiffonade Cut	2 TBSP

## Preparation:

1. Cook brown rice until tender, strain and chill.
2. In heavy bottom pot, sauté onions, celery, carrots and garlic in oil.
3. Add vegetable broth, potatoes and lentils, bring to a simmer, cook for 45 minutes, or until potatoes and lentils are cooked.
4. Add cooked rice, vinegar, tomatoes, salt, red pepper flakes and basil. Simmer for 15 additional minutes.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
90	3	17	2	2	1.5	0	290



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