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## Curried Lentil Soup

### Ingredients:

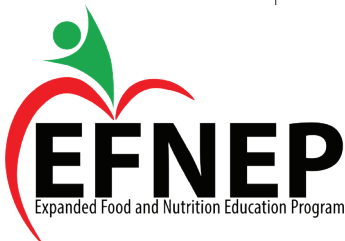
- 4 cups hot water
- 1 (28-ounce) can crushed tomatoes
- 3 medium potatoes, peeled and diced
- 3 medium carrots, thinly sliced
- 1 celery rib, chopped
- 1 large onion, chopped
- 1 cup dry lentils
- 2 garlic cloves, minced
- 2 bay leaves
- 4 teaspoon curry powder

*Makes 10 servings - 0% calories from fat*

### Instructions:

1. In a slow cooker, combine all ingredients: stir well.
2. Cover and cook on low for 8 hours or until vegetables are tender.
3. Discard the bay leaves before serving.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein</b> 9g	
Vitamin A 70%	Vitamin C 30%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.