Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

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

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

Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 125mg	**5%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugars 4g	
Protein 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

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

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