

Red Lentil Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

1 cup canned red lentils
4 slices bacon, diced
1 onion, finely chopped
1 clove garlic, minced
1 sweet red pepper, diced
1 stalk celery, finely sliced
6 cups chicken broth, degreased
1 bay leaf
pinch curcuma
pinch thyme
salt and pepper
sweet gherkins (for garnish), finely chopped
parsley (for garnish), chopped
hard-boiled egg (for garnish), chopped
onion (for garnish), finely chopped

Rinse the lentils. Drain well. Set aside.

In a saucepan, brown the diced bacon until crisp. Remove the bacon from the saucepan. Drain on a paper towel to soak up as much fat as possible. Set aside.

Remove the bacon fat from the saucepan, except for one tablespoon. While stirring, fry the onion, garlic, sweet red pepper and celery for 2 minutes. Pour in the chicken broth. Bring to a boil. Add the lentils and seasonings. Cover. Over low heat, simmer for one hour, stirring occasionally. Add the diced bacon.

If desired, in a small bowl mix the garnish ingredients. Sprinkle over the soup. Serve very hot.

Variation: For a creamy soup, puree the mixture in a blender before adding the diced bacon. Return the soup to the saucepan. Heat through. Add the bacon and garnish, if desired.

Per Serving (excluding unknown items): 58 Calories; 3g Fat (42.2% calories from fat); 5g Protein; 3g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 628mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	58	Vitamin B6 (mg):	.1mg
% Calories from Fat:	42.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	22.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	35.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	11mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
			0mg

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 3mg
Carbohydrate (g): 3g
Dietary Fiber (g): 1g
Protein (g): 5g
Sodium (mg): 628mg
Potassium (mg): 234mg
Calcium (mg): 14mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 31mg
Vitamin A (i.u.): 855IU
Vitamin A (r.e.): 85 1/2RE

Caffeine (mg):
Alcohol (kcal): 0
% Refuse: 0 n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 58 **Calories from Fat:** 24

% Daily Values*

Total Fat	3g	4%
Saturated Fat	1g	4%
Cholesterol	3mg	1%
Sodium	628mg	26%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	5g	
Vitamin A		17%
Vitamin C		51%
Calcium		1%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.