

Lentil and Rice Soup

This vegetarian soup is made with lentils - a meat alternative that is full of important nutrients like fibre, protein, folate and iron. Canada's Food Guide recommends choosing meat alternatives like beans, lentils and tofu often.



Ingredients:

2 Tbsp	Canola oil	30 mL
½ cup	Onion, minced	125 mL
½ cup	Celery, diced	125 mL
2 tsp	Garlic, minced or 1 tsp (5 mL) garlic powder	10 mL
6 cups	Water or low sodium vegetable broth	1.5 L
2 cups	Carrot, diced	500 mL
3 cups	Potato or yam, peeled and diced	750 mL
3 cups	Canned green lentils, drained and rinsed	750 mL
½ cup	Rice, dry	125 mL
½ cup	Parsley, chopped or 1 Tbsp (15 mL) dried parsley flakes	125 mL
1 tsp	Salt	5 mL
1 tsp	Pepper	5 mL
	Lemon wedges	

Directions:

1. In a large pot, heat oil. Add onion and sauté until soft.
2. Add celery and garlic; cook for 2 to 3 minutes.
3. Add water or broth and bring to a boil.
4. Add carrot and potato or yams.
5. Add lentils to the soup.
6. Bring soup to a boil and add rice, parsley, salt and pepper.
7. Cook for 20 to 25 minutes or until rice is soft.
8. Serve hot with lemon wedges.

Makes 8 servings (310 mL/ 1 ¼ cup/ 359 g)

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Nutrition Facts	
Per 1/8 of recipe (310 mL / 1 ¼ cup / 359 g)	
Amount	% Daily Value
Calories 240	
Fat 5 g	8 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 380 mg	16 %
Carbohydrate 40 g	13 %
Fibre 6 g	24 %
Sugars 4 g	
Protein 12 g	
Vitamin A	30 %
Vitamin C	15 %
Calcium	4 %
Iron	25 %

Nutrient Claim	Amount per serving
Very high in fibre	6 g
Low in saturated fat	0.5 g
Very high in potassium	837 mg
High in magnesium	47 mg
Very high in folate	145 mcg
High in iron	3.4 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1¼
Grain Products	¼
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Sometimes recipe (Mixed Dish–Soup, broth-based) according to the Alberta Nutrition Guidelines.