

Zesty Tomato and Lentil Soup

Yield: 6 servings

Ingredients:

- ½ onion, diced
- 1 celery stalk, diced
- 1 sweet potato, peeled and diced
- 2 TBS tomato paste
- 1 clove minced garlic
- 1 tsp cumin
- 1 tsp ginger
- 2 tsp paprika
- ½ tsp cayenne pepper
- 8 cups low sodium vegetable broth (look for those that are 140 mg of sodium per cup)
- 1 can (15 oz.) diced tomatoes (no added salt)
- 1 cup red lentils, rinsed and drained

Garnish:

- Freshly ground pepper
- Freshly chopped parsley
- 5 oz. nonfat Greek yogurt



Directions:

1. Spray large soup pot with oil, add onion and celery and sauté until translucent.
2. Add sweet potato, tomato paste, garlic, cumin, ginger, paprika and cayenne.
3. When ingredients are hot, add vegetable broth, tomatoes and lentils.
4. Bring to a boil and simmer no more than 30 minutes.
5. Serve garnished with black pepper, parsley and a dollop of yogurt.

Nutrition Information: 1 serving = 1 ½ cup

Total Calories: 179, Total Fat: 1 g, Saturated Fat: 0 g, Total Carbohydrates: 35 g, Fiber: 7 g, Protein: 11 g, Sodium: 330-500 mg, Potassium: 445 mg.