

Slow Cooker Vegetable Lentil Soup



Ingredients:

- 4 cups dried lentils
- 4 cups low-sodium beef broth
- 2 cups water
- 1 medium onion, diced
- 2 cups carrots, diced
- 1/2 cup celery, diced
- 28 ounce can diced tomatoes
- 1 large potato, diced
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions:

1. Add all ingredients to a large slow cooker.
2. Cook on low 8 hours, or until vegetables are tender.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>