

Slow Cooker Lentil and Sweet Potato Soup



Ingredients:

- 1 cup lentils
- 4 cups chicken broth
- 1 cup water
- 3 medium sweet potatoes, chopped
- 1 can diced tomatoes
- 1 cup carrots, chopped
- 1 can cannellini beans
- 1 zucchini, chopped
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions:

1. Place all ingredients in a slow cooker and cover.
2. Cook on high for 4 hours or until sweet potatoes are soft.

Makes 6 servings.



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