

Lentil Vegetable Soup

Wholesome and hot--just the right soup for a chilly day.

1 large onion, chopped (1 cup)
2 teaspoons chili powder
1 teaspoon salt
1 teaspoon ground cumin
2 garlic cloves, finely chopped
1 can (6 ounces) spicy tomato juice
3 cups water
1 cup (8 ounces) dried lentils, sorted and rinsed
2 cups Progresso® diced tomatoes (from 28-oz can), undrained
1 can (4.5 ounces) Old El Paso® chopped green chiles, undrained
1 cup fresh or frozen whole kernel corn

1. Heat onion, chili powder, salt, cumin, garlic and tomato juice to boiling in 3-quart saucepan; reduce heat. Cover and simmer 5 minutes.

2. Stir in water, lentils, tomatoes and chiles. Heat to boiling; reduce heat. Cover and simmer 20 minutes.

3. Stir in corn. Cover and simmer 10 minutes or until lentils and zucchini are tender.

Per Serving: Calories 130 (Calories from Fat 10); Total Fat 1 g (Saturated Fat 0g);
Cholesterol 0mg; Sodium 680 mg; Total Carbohydrate 29 g (Dietary Fiber 9 g);
Protein 10 g

Percent Daily Value*: Vitamin A 18 %; Vitamin C 22 %; Calcium 6 %; Iron

Exchanges: 2 Starch

*Percent Daily Values are based on a 2,000-calorie diet.

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