

LENTIL-ORZO SOUP

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Total Fat: 3.5 g Calories: 138
Saturated Fat: 0.5 g Protein: 8 g
Total Carbohydrate: 19
Dietary Fiber: 3 g

Ingredients

2 tsp olive oil
1 cup chopped onion (1 medium)
1 cup chopped carrots
4 garlic cloves (minced)
6 cups reduced sodium chicken broth (48oz can)
1 cup brown lentils (picked over and rinsed)
1 tsp dried thyme
1 bay leaf

1 (14.5 oz) can diced tomatoes
3/4 cup dried orzo pasta
2 tbsp lemon juice
Freshly ground pepper to taste
1/4 cup flax seed (ground)
1/3 cup chopped fresh parsley (optional)

Directions

1. Heat oil in a Dutch oven or heavy soup pot over medium heat. Add onion and carrots; cook, stirring frequently, until softened, 3-4 minutes.
2. Add garlic and cook, stirring, 30 seconds. Add broth, lentils, thyme, and bay leaf; bring to a simmer. Reduce heat to low, cover, and simmer for 30 minutes.
3. Add tomatoes and orzo; return to simmer. Cook, covered, until lentils and orzo are tender, about 15 minutes.
4. Discard bay leaf. Stir in lemon juice, pepper, and flax seed. Garnish each serving with a sprinkling of parsley, if desired. Makes 8 (1 cup) servings.