

## Lentil Soup

1 tsp Olive Oil	1 Cup dry lentils
1 Onion, diced	1/4 tsp pepper
1 Carrot Sliced	Paprika to taste (optional)
4 cups of chicken or vegetable broth	dash salt
	1 tbsp Lemon Juice

In a large pot, sauté the onions and carrot in the olive oil for 3-5 minutes until onions turn clear. Add the vegetable or chicken broth, lentils, pepper, paprika and salt. Reduce heat to a simmer. Cover and cook until lentils are soft, about 45 minutes. Stir in lemon juice before serving. Makes 4 servings of lentil soup

This recipe is provided by SHS Wellness Programs.

**All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)**

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