

Turkey Lentil Soup

Lentils lend a high-fiber content to this delicious soup. Double the portion to make it a meal.

Ingredients

- 2 Tbsp. extra-virgin olive oil or canola oil
- 1 chopped onion
- 10 oz. sliced mushrooms
- 1 clove minced garlic
- 1 Tbsp. soy sauce
- 1 cup dry lentils
- 2 quarts low-sodium chicken broth
- 1 lb. cooked turkey, cut into cubes
- 1/4 tsp. fresh ground pepper
- Salt to taste

Preparation

1. In a large pot, heat oil over medium heat.
2. Add onion, mushrooms and garlic and cook until soft, about 5 minutes, stirring occasionally.
3. Add lentils, soy sauce and broth and bring to a boil.
4. Reduce heat and simmer for about 30 minutes until lentils are tender, but not mushy.
5. Stir in turkey and pepper.
6. Season to taste.



Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 194

Fat 4g

Saturated Fat 0.5g

Cholesterol 23mg

Sodium 325mg

Carbohydrate 18g

Dietary Fiber 8g

Protein 21g

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