



LENTIL BROWN RICE SOUP MIX

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05

minutes

PREP TIME

40

minutes

COOK TIME

- 1 cup green or brown lentils
- ½ cup uncooked brown rice
- ½ cup green split peas
- 1 tablespoon Italian seasoning
- 1 tablespoon dried parsley
- 1 tablespoon garlic powder
- ½ teaspoon ground black pepper
- 2 large vegetable bouillon cubes*
- 8 cups water

*(1 cube should be equivalent to 1 tablespoon of granulated bouillon)

Optional but recommended:*

- 1 medium yellow onion, diced
- 1 tablespoon canola oil
- 1 14.5 ounce can diced tomatoes, no salt added

DIRECTIONS

1. *Optional but recommended**: Sauté onion in oil in a large stock pot over high heat for 3 minutes. Add can of diced tomatoes.
2. Add dry soup ingredients and 8 cups of water to the same large stock pot. Bring the mixture to a boil over high heat. Lower the heat and simmer for 40 minutes, covered with a lid. Taste and adjust seasonings if necessary. Serve with crusty bread and Parmesan cheese, if desired.
3. Store any leftovers in the fridge for up to 4 days or freeze for up to 4 months.

**If you are not including the onion and diced tomatoes, skip to step 2.*

NUTRITION FACTS

Serving Size: 2 cups
Servings per recipe: 6

Amount per serving:
285 Calories

Total Fat: 4g
Saturated Fat: 1g
Sodium: 466mg
Total Carbohydrate: 50g
Dietary Fiber: 17g
Total Sugars: 5g
Protein: 15g