

Vegan

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# Lentil Soup

Esther Gamayo

**Servings: 8**

**1/16 Tablespoon Olive Oil**  
**5/8 Medium Onion, White, Chopped**  
**7 1/16 Cups Vegetable Broth**  
**1 1/8 Cups Lentils, Dry, Rinsed**  
**1 5/8 Cups Garbanzo Beans, Canned**  
**1 5/8 Cups White Beans, (cannellini Beans), Canned**  
**7 2/3 Fluid Ounces Tomato Sauce**  
**1/8 Teaspoon Italian Seasoning**  
**1/8 Teaspoon Salt**  
**5/8 Clove Garlic, Chopped**  
**1 7/8 Cups Fresh Baby Spinach**  
**White Pepper, to Taste (optional)**

In a medium frying pan, saute garlic, onions in olive oil for 3 minutes or until onions are tender.

Transfer to large pot and add broth and bring mixture to boil.

Add lentils, white beans, garbanzo beans, tomato sauce, and seasoning. Reduce heat, cover, and simmer. Approx. 45 minutes or until lentils.

Add spinach before serving.

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Per Serving (excluding unknown items): 209 Calories; 4g Fat (17.1% calories from fat); 8g Protein; 36g Carbohydrate; 5g Dietary Fiber; 2mg Cholesterol; 1795mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1 Fat.