

## Hearty Lentil and Bean Soup

### Ingredients

- 1 onion, chopped
- 1/4 cup olive oil
- 3 large carrots, chopped
- 1 cup celery, chopped
- 5 garlic cloves, chopped
- 1 tsp dried oregano
- 1 tsp basil
- 1 can diced tomatoes
- 2 cups dried lentil & beans
- 1 box vegetable broth



- 4 cups water
- Salt and Pepper

### Instructions

1. In large soup pot, heat oil over medium heat. Add onions, carrots, and celery. Stir and cook until onion is tender.
2. Add garlic, oregano, and basil and cook 2 minutes.
3. Stir in lentils and beans then add broth and water and the can of tomatoes with the juice.
4. Bring to a boil then reduce heat and simmer covered for 90 minutes.
5. Season with salt and pepper to taste and serve hot!



Diabetic  
Friendly



Heart  
Healthy



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