

SLOW COOKER LEMON ROSEMARY LENTIL SOUP ★★★★★



COURSE: SOUP CUISINE: AMERICAN PREP TIME: 15 MINUTES COOK TIME: 6 HOURS
TOTAL TIME: 6 HOURS 15 MINUTES SERVINGS: 6 SERVINGS CALORIES: 281 KCAL
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This Slow Cooker Lemon Rosemary Lentil Soup is one of the easiest soups to ever come out of your kitchen. Fresh vegetables, lemon and rosemary become an amazingly hearty soup with minimal effort. Carrots, onion, yellow bell pepper and red lentils are flavored with garlic and a dash of cayenne pepper and slow cooked until tender.

INGREDIENTS

- 6 carrots diced
- 1 large onion diced
- 4 cloves garlic minced
- 1 yellow pepper chopped
- 1/8 teaspoon cayenne pepper
- 3 cups red lentils
- 4 cups chicken broth
- 2-3/4 cups water
- 1-1/2 teaspoons salt
- 1 lemon zest and juice
- 1 tablespoon fresh rosemary chopped

INSTRUCTIONS

- In a six quart slow cooker, add all ingredients EXCEPT lemon zest and juice and rosemary.
- Cook on LOW for 6 hours.
- Stir in lemon zest, juice and rosemary.
- Season with additional salt and pepper to taste.
- Ladle into bowls and garnish with additional chopped rosemary if desired.

Nutrition Facts

Slow Cooker Lemon Rosemary Lentil Soup

Amount Per Serving

Calories 281

% Daily Value*

Sodium 674mg 28%

Total Carbohydrates 52g 17%

Sugars 3g

Protein 18g 36%

* Percent Daily Values are based on a 2000 calorie diet.