



Nutrition Facts

Serving Size	1 bowl
Amount Per Serving	
Calories	210
% Daily Value	
Total Fat	2.5g4%
Saturated Fat	0.4g2%
Cholesterol	0mg0%
Sodium	1310mg55%
Total Carbohydrate	37g12%
Dietary Fiber	11g44%
Protein	8g16%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time  
**NOT  
AVAILABLE**

Serving Size  
**1 BOWL**

Difficulty  
**EASY**

Yields  
**12**

### INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté lentils, onions, garlic, ginger, turmeric, paprika, cumin, pepper, cinnamon and salt in oil for about 5 minutes or until well coated and fragrant.
3. Stir lentil mixture and tomatoes into soup; bring to simmer. Cook for about 5 minutes or until heated through.



#### Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) each mint, parsley and dill.