

## Lentil Soup



Serves 3

### Ingredients:

- 3 cups water
- 1 cup lentil
- ½ cup fresh lemon juice
- 2 tbsp extra virgin olive oil
- 4 cloves garlic, finely minced
- ½ cup fresh parsley, finely chopped

**Procedure:**

- In a small pot, bring the water and lentils to a boil.
- Reduce the heat to medium, cover, and cook for 30 minutes.
- Drain the lentils and place in a medium bowl.
- Add the lemon juice, olive oil, and garlic, and combine thoroughly.
- Top the lentils with the chopped parsley.

**Per serving:**

- Calories: 326
- Protein: 16 gm
- Carbohydrates: 45 gm
- Fat: 9 gm

This healthful recipe from the mountains of Lebanon is believed to have been around since biblical times. Serve warm or cold and use as a main dish sprinkled with some croutons.