

MAINE



SNAP-Ed

Healthy Eating on a Budget

## Diana's Lentil Soup

\$10 for 4 Recipe Challenge Finalist  
(2015)

### Ingredients:

1/2 cup	Onion, peeled and diced
1/2 cup	Carrot, peeled and diced
1/2 cup	Celery, diced
1-1/4 lb	Ground turkey
1 lb	Green or brown lentils
2-14.5 oz cans	Diced tomatoes, no salt added
1	Ripe avocado
1 tablespoon	Dried oregano
3 tablespoons	Hot sauce
	Salt and pepper to taste

### Instructions:

1. Spray pan with cooking spray. Over medium heat, cook onion, carrot and diced celery. Add salt, pepper and oregano.
2. In another pan, cook the lean ground turkey until no longer pink.
3. When the vegetables are soft, add the lentils and 8 cups of water. When mixture comes to a boil add tomatoes. Let it boil gently for 25 minutes. Add the cooked, ground turkey.
4. Cut open and slice avocado to garnish each serving.

Serves: 4+

