

- » 1 tsp olive oil
- » 1/4 cup chopped onion
- » 1/4 cup chopped celery
- » 1/4 cup chopped carrots
- » 1/2 cup sliced mushrooms
- » 1 1/2 cups water
- » 1/2, 14 1/2-oz can sliced, stewed, Italian-style tomatoes
- » 1/4 cup dry lentils
- » 1 tbsp dry pearl barley
- » Dash of cumin
- » 1 tbsp fresh chopped parsley
- » Dash of salt-free herb seasoning blend
- » 1 tbsp feta cheese

Nutritional Content

Per Serving

Calories	366cal	Cholesterol	6mg
Protein	19g	Sodium	595mg
Carbohydrate	59g	Calories from Fat	17g
Fat	7g	Fiber	23g
Saturated Fat	2g		

In a saucepan, over medium-high heat, add olive oil and onions, sautéing for 1 minute. Add celery, carrots, and mushrooms, sautéing for 2 minutes. Add water, Italian-style tomatoes, lentils, barley, cumin, parsley, and salt-free herb seasoning blend. Bring to a boil then reduce heat, cooking the soup for 45 minutes to an hour, until the lentils are softened and the soup is thick (add more water if the soup gets too thick). Serve with crumbled feta cheese on top. Serves 1.

FOLD HERE