

Red Lentil Soup with Lemon

Total Cook Time: 30 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 4 cups (8 cups)* chicken or vegetable broth
- Optional toppings and garnishes: fresh basil, heavy cream, lemon wedges

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 4 cups (8 cups)* of chicken or vegetable broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 10 minutes.
3. When pressure cooking is complete, use a quick release. If liquid sprays through the valve, turn back to the sealed position, wait 30-60 seconds, and try again. Repeat this process as needed.
4. Using an immersion blender, puree soup to your desired consistency. For a table-top blender, puree about 1/3 of the soup then return it to the pot. BE CAREFUL; LIQUID IS HOT.
5. Serve hot with optional toppings and garnishes.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, or until the lentils are soft and will blend easily. Continue with steps 4-5.

Leftover Suggestions:

- Blend the soup until completely smooth and use as a sauce on top of pasta, cook protein, and vegetables.

Notes:

- For extra flavor, stir in a squeeze of lemon and a scoop of cream cheese just before serving.

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Nutrition Facts

4 servings per container

Serving size
1/2 cup as packaged
(125g)

Calories per serving **230**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 42g	15%
Saturated Fat 0g	0%	Dietary Fiber 16g	57%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 610mg	27%	Protein 14g	

Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 4.3mg 25% • Potassium 190mg 4%
Vitamin A 300mcg 35% • Vitamin C 5mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: LENTILS, CARROTS, CORN, ONION, LEMON JUICE, GARLIC, SALT, SPICE, TURMERIC, CURRY POWDER