

Slow Cooker Split Pea, Lentil and Vegetable Soup

Recipes serves: 6-8 people



Ingredients-

- ♥ 1 cup **Organic green split peas**
- ♥ 1 cup **Organic green Lentils**
- ♥ 1 cup carrots, peeled and sliced
- ♥ 2 cups tomatoes, chopped
- ♥ 4 garlic cloves, minced
- ♥ 10 basil leaves chopped
- ♥ 1 cup baby spinach
- ♥ 1 red potato, chopped
- ♥ 2 celery stalks, sliced
- ♥ 1 Tbsp. olive oil
- ♥ 1 tsp paprika
- ♥ ¼ tsp cumin
- ♥ 1 tsp thyme

PREPARATION:

1. Place all ingredients in a crockpot.
2. Cover and cook on low heat for 8-10 hours.
3. Before serving, add spinach and lemon juice.

Nutrition Facts			
Serving Size: 1 serving (336.5g)			
Servings: 4			
Amount Per Serving			
Calories	470	Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0.5g		4%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	81g		27%
Dietary Fiber	31g		125%
Sugars	8g		
Protein	28g		
Vitamin A	150%	•	Vitamin C 50%
Calcium	10%	•	Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g