

# Slow Cooker Lentil Soup

Prep Time: 15 Min Cook Time: 8 Hours Total Time: 8 Hours, 15 Min



SERVINGS: 6

## Nutritional Facts

Serving Size: 1.5-2 cups

### Amount Per Serving

Calories 320      Calories from Fat 48

% Daily Value \*

**Total Fat** 5g      8%

Saturated Fat 1g      4%

**Monounsaturated Fat** 0g      0%

**Polyunsaturated Fat** 0g      0%

**Cholesterol** 0mg      0%

Sodium 1736mg      75%

**Total Carbohydrate** 55g      16%

Dietary Fiber 19g      73%

Sugars 9g

**Protein** 16g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

2 cup butternut squash, peeled and cubed

2 cup carrots, chopped

2 cup red potatoes, chopped

2 cup celery, chopped

1.5 cup dry lentils

1 onion, diced

4 cloves garlic, minced

8 cup vegetable broth

2 tsp herbs de provence

1 tsp salt (more to taste)

1 tsp smoked paprika

2 tbsp olive oil

4 cup spinach

1/2 cup parsley

Salt and pepper

## Directions

- 1 Add the butternut squash, carrots, potatoes, celery, lentils, onion, garlic, vegetable broth, herbs de provence, paprika, and salt to the slow cooker. Cook on low for 7-8 hours.
- 2 Add about one third of the soup to a blender along with the olive oil. Blend until smooth and add back to slow cooker.
- 3 Add the spinach and parsley. Let cook for 5-10 more minutes until spinach wilts. Season with salt and pepper.
- 4 Store in the fridge for 4-5 days or freeze for up to 3 months in an airtight container.

## Notes

