



## Cuisine Santé Lentil Soup (Gluten Free)

YIELD 6 SERVING

### Ingredients

1 lb Lentil  
 1 oz Onions, diced  
 2 qt Water, boiling  
 1 oz Extra Virgin Olive Oil  
 2 oz HACO-Swiss Cuisine Santé Vegetable Stock

### Preparation

Sauté the diced onions in the Extra Virgin Olive Oil on medium heat. Bring 2 qts of water to a boil; add 1 pound of lentils and the Cuisine Santé Vegetable Stock. Let the lentils get tender. Stirring occasionally.

### Setting

Garnish as desired.

### Specialty Ingredients

#726 HACO-Swiss Cuisine Santé Vegetable Stock  
 Extra Virgin Olive Oil

### Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (227g) Servings 6 Calories 159 Fat Cal. 41	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 21g
	Sat. Fat 1g	<b>4%</b>	Fiber 7g	<b>30%</b>
	Trans fats 0g		Sugars 2g	
	<b>Cholest.</b> 4mg	<b>0%</b>	<b>Protein</b> 9g	
	<b>Sodium</b> 84mg	<b>4%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 15%	Vitamin C 15%	Calcium 4%	Iron 15%