

Lebanese Chicken Lentil Soup

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-lebanese-chicken-recipe>

Ingredients:

- 1 1/2 cups red lentils
- 2 cups chicken shredded, cooked, any cut
- 2 cups onions petite diced
- 1 1/2 cups shredded carrots
- 4 cups chicken broth low sodium
- 4 cups water
- 1 teaspoon black pepper or less to taste
- 2 tablespoons olive oil light tasting
- 1/3 cup white rice uncooked, rinsed, I used Jasmine
- 1/2 teaspoon cumin powder
- 1/4 cup lemon juice fresh squeezed
- 3 tablespoons Italian parsley fresh, finely chopped plus more for garnishing
- salt unchecked?, to taste

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 13 grams
6. Protein: 24 grams
7. SaturatedFat: 1 grams
8. Sodium: 200 milligrams
9. Sugar: 4 grams

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