

# Lentil Soup with Ground Beef and Brown Rice

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-lentil-recipe-pakistani>

## Ingredients:

- 1 pound lean ground beef use beef with less than 10% fat for South Beach Diet
- 2 teaspoons olive oil or more, depending on your pan
- 1/2 cup finely chopped onion
- 1/2 cup chopped celery finely
- 1 tablespoon minced garlic or garlic puree, or less if you don't like garlic as much as I do
- 1 tablespoon dried parsley
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- 4 cups homemade beef stock or use 2 cans beef broth, low sodium recommended
- 2 cups homemade chicken stock or use 1 can chicken broth, low sodium recommended
- 2 cups water plus more as needed
- 2/3 cup brown lentils
- 1/2 cup carrots finely chopped
- 1/2 cup brown rice I used Uncle Ben's whole grain brown rice, which I really like
- black ground pepper
- salt
- 2 tablespoons balsamic vinegar optional, but it adds a lot of flavor

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 29 grams
7. SaturatedFat: 2 grams
8. Sodium: 630 milligrams

9. Sugar: 6 grams

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