

French Lentil Soup

Yield: 4 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-french-lentil-soup-recipe>

Ingredients:

- 2 cups French lentils
- 4 strips bacon diced
- 2 onions medium, diced
- 2 carrots diced
- 8 cloves garlic finely chopped
- 6 cups stock or water I used organic chicken stock
- 1 1/2 teaspoons dried thyme
- 1 bay leaf
- sea salt
- black pepper

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 33 grams
6. Protein: 41 grams
7. SaturatedFat: 4 grams
8. Sodium: 970 milligrams
9. Sugar: 13 grams

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