

Lebanese Lentil Soup With Noodles

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 cup lentils rinsed and picked over
- 6 cups water or mixture of vegetable broth and water
- 1 onion large, chopped
- 2 tablespoons vegetable oil
- 2 cloves garlic crushed
- 1 bunch cilantro leaves chopped
- spaghetti Broken, I only use a little, maybe ? of the box, quite possibly less
- 1/2 lemon
- salt
- pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 45 grams
3. Fat: 8 grams
4. Fiber: 17 grams
5. Protein: 15 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 220 milligrams
8. Sugar: 3 grams

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