

Lentil & Root Vegetable Soup



Don't forget about root vegetables. They are filling, loaded with fiber, and delicious.

INGREDIENTS

- 3 cups chopped peeled celeriac (celery root)
- 2 cups chopped parsnips
- 1 cup chopped carrot
- 1 cup frozen pearl onions
- 1 stalk celery, chopped
- 2 plum tomatoes, seeded and chopped
- 3 cloves garlic, minced
- 2 teaspoons Herbes de Provence
- 8 cups low-sodium chicken broth or vegetable broth
- 1 cup lentils, rinsed
- 1 sprig fresh rosemary
- 1 (3 inch) rind Parmesan cheese
- 1/2 cup shredded Parmesan, divided
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 4 ounces pancetta, crisp-cooked and crumbled (Optional)

DIRECTIONS

STEP 1

Combine celeriac, parsnips, carrot, pearl onions, celery, tomatoes, garlic and herbes de Provence in a 6-quart slow cooker. Add broth, lentils, rosemary, Parmesan rind, bay leaf, salt and pepper. Cover and cook on High 4 1/2 hours or on Low for 8 hours.

STEP 2

Remove the rosemary, Parmesan rind and bay leaf. Serve the soup topped with shredded cheese and garnished with pancetta.

NUTRITION FACTS

Serving Size: 1 3/4 cups | Total servings: 8
Per Serving: 187 calories, total carbohydrate 28g, dietary fiber 6g, total sugars 6g, protein 13g, total fat 3g, saturated fat 1g, cholesterol 4mg



Wisconsin Athletic Club

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