



HEARTY VEGETABLE AND LENTIL SOUP

This hearty soup is very versatile and can be adapted for whatever vegetables you have available. Use this dish as a complement to a meal or serve with homemade corn bread to complete a meal. The vegetables and lentils provide an excellent amount of insoluble and soluble fiber, and this dish is a great choice for those dealing with constipation.

Yield: 6 servings

INGREDIENTS:

- 3 cups water
- 3 cups vegetable or chicken broth
- 3 medium carrots, chopped
- 1 medium onion, chopped
- 1 cup dried lentils, rinsed
- 2 celery ribs, sliced
- 1 small bell pepper, color of your choice
- ¼ cup uncooked brown rice
- 1 tsp. dried basil or 1 Tbsp. of fresh chopped basil
- 1 garlic clove, minced
- 1 bay leaf
- ½ cup tomato paste

DIRECTIONS:

1. In a large saucepan, combine all ingredients except tomato paste. Bring to a boil.
2. Reduce heat; cover and simmer for 1 to 1 ½ hours or until lentils and rice are tender.
3. Add the tomato paste and stir until blended. Cook for 10-15 minutes. Discard bay leaf.



NUTRITIONAL DATA:

Nutritional Data: 206 calories, 1.4 grams fat, 0 grams saturated fat, 0 mg cholesterol, 36 grams carbohydrate, 12.6 grams dietary fiber, 12.9 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*