

## MEDITERRANEAN LENTIL SOUP ( REDUCED SODIUM)



Total Time  
**50 MIN.**

Serving & Size  
**1 SERVING (1 CUP, 8 OZ LADLE)**

Difficulty  
**EASY**

Yields  
**36**

Slow braised lima beans, green beans and sweet potatoes with garlic, onion and carrots in Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation flavored with Moroccan inspired spices. Great taste with less than 200 mg sodium per serving.


### Nutrition Facts

Serving Size	1 SERVING (1 CUP, 8 OZ LADLE)	
<b>Amount Per Serving</b>		
<b>Calories</b>	123	
		<b>% Daily Value</b>
<b>Total Fat</b>	2.7g	<b>4%</b>
<b>Saturated Fat</b>	0.3g	<b>2%</b>
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	196mg	<b>8%</b>
<b>Total Carbohydrate</b>	20.5g	<b>7%</b>
<b>Dietary Fiber</b>	5.4g	<b>22%</b>
<b>Protein</b>	4.6g	<b>9%</b>
Vitamin A	82%	Vitamin C 4%
Calcium	3%	Iron 9%

### INGREDIENTS

### WEIGHT

### MEASURE

olive oil		6 1/2 tbsp.
garlic, minced	1 oz.	3 1/2 tbsp.
onion, diced 1/4-inch	16 oz.	5 1/2 cups
carrot, peeled, 1/4-inch diced	13 oz.	4 cups
ground cardamom		3 1/2 tsp.
paprika, smoked		1 1/8 tbsp.
allspice, ground		1 1/8 tbsp.
cinnamon, ground		1 1/8 tbsp.
kosher salt		1 tsp.
	<b>Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation</b>	4 lb.
water		24 cups
baby lima beans, dry, unprepared	24 oz.	4 3/8 cups
green beans, cut	18 oz.	9 cups
sweet potato, peeled, cubed	18 oz.	6 3/4 cups



### INSTRUCTIONS

1. Heat oil over medium high heat in a large pot or kettle. Add garlic, onions and carrots. Sweat for 2 to 3 minutes or until aromatic.
2. Add cardamom, paprika, allspice, cinnamon and salt. Saute for 1 to 2 minutes or until spices smell slightly toasted.
3. Add Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation and water. Bring to a simmer.
4. Add lima beans, string beans and sweet potatoes. Bring to a simmer, and cook for 30 minutes or until vegetables are tender. Remove from heat.  
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.  
CCP: Hold for hot service at 140°F or higher until needed.
5. Portion: Using an 8 oz. ladle, portion 1 cup soup into bowl.