

Creamy Vegetarian Lentil-Mushroom Soup

Recipe #53685

Creamy lentil soup cooked in a crockpot. Serve with crusty bread or rolls for a comfort food fix! Feel free to double this recipe.

by Sharon123

6½ hours | 20 min prep

SERVES 4

1/2 lb dry lentils (1 1/4 cups)
 2 medium carrots, sliced 1/4 inch thick
 1 medium onion, chopped
 3 cloves garlic, minced
 1/2 cup mushroom, sliced
 1 cup sliced celery
 1/4 cup snipped parsley
 4 cups water
 1 (10 3/4 ounce) can condensed cream of mushroom soup
 2 teaspoons instant vegetable bouillon granules (or 2 cubes)
 sour cream

1. In a saucepan, saute onions, mushrooms, garlic, and celery till just slightly browned, about 10 minutes.
2. In a 3 1/2 or 4 quart crockpot, combine the lentils, carrots, onion, garlic, mushrooms, celery& parsley.
3. Stir in water, mushroom soup, and bouillon.
4. Cover; cook on low 10 to 12 hours or high 5 to 6 hours.
5. Top each serving with a dollop of sour cream.
6. 4 servings.

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Recipe Notes & Rating: 5 stars 4 stars 3 stars 2 stars 1 star

Nutrition Facts

Serving Size 1 (525g)

Recipe makes 4 servings

The following items or measurements are not included below:

vegetable bouillon granules

Calories 299

Calories from Fat 47 (15%)

Amount Per Serving	%DV
Total Fat 5.3g	8%
Saturated Fat 1.2g	5%
Monounsaturated Fat 1.0g	
Polyunsaturated Fat 1.5g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 544mg	22%
Potassium 849mg	24%
Total Carbohydrate 46.9g	15%
Dietary Fiber 19.2g	76%
Sugars 5.5g	
Protein 17.1g	34%
Vitamin A 5601mcg	112%
Vitamin B6 0.5mg	22%
Vitamin B12 0.0mcg	0%
Vitamin C 12mg	21%
Vitamin E 1mcg	4%
Calcium 81mg	8%
Iron 5mg	31%

detailed view...

how is this calculated?