

# Plant-Based Lentil Soup on a SNAP Budget



## Why Plant Based?

"PLANT-BASED" MEANS MOST OF THE FOODS YOU EAT ARE FRUITS, GRAINS, BEANS AND VEGETABLES

PLANT-BASED DIETS CAN LOWER YOUR RISK OF HEART DISEASE, DIABETES, AND CANCER

LENTILS ARE AN INEXPENSIVE SOURCE OF PROTEIN AND FIBER



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## Healthy, Plant-Based Recipe!

### INGREDIENTS

- 2 Tbsp water
- 2 cloves garlic chopped
- 4 large carrots (thinly sliced)
- 4 stalks celery (thinly sliced)
- 1/4 tsp each sea salt and black pepper (to taste)
- 3 cups yellow or red baby potatoes (chopped into bite-size pieces)
- 4 cups vegetable broth (or water) (plus more as needed)
- 1 cup uncooked green or brown lentils (rinsed and drained)

### INSTRUCTIONS

1. Heat a large pot over medium heat. Once hot, add water, garlic, carrots, and celery. Season with a bit of salt and pepper and stir.
2. Cook for 4-5 minutes or until slightly tender and golden brown. Be careful not to burn the garlic.
3. Add potatoes and season, stir and cook for 2 minutes more.
4. Add vegetable broth or water and increase heat to medium high. Bring to a rolling simmer. Then add lentils and stir. Once simmering again, reduce heat to low and simmer uncovered for 15-20 minutes or until lentils and potatoes are tender.
5. Store leftovers covered in the refrigerator up to 5 days or in the freezer up to 1 month. Reheat on the stovetop and add more vegetable broth or water as needed.



## 1-POT EVERYDAY Lentil Soup

How much does it cost to make this recipe?

#### PRICE FOR GROCERIES AT COOS HEAD FOOD CO-OP:

Garlic: \$0.90  
Carrots: \$1.50  
Celery: \$0.38  
Potatoes: \$4.65  
Lentils: \$1.80  
Vegetable Broth: \$4.89 (opt)  
Salt & Pepper: \$2

#### Total:

About \$16 for 4 servings  
\$4 per serving  
\$32 if you double the recipe

**AVERAGE MONTHLY SNAP  
BENEFIT FOR A FAMILY OF 4  
IN 2022: \$638 WHICH COMES TO  
\$159.50 PER WEEK**

**Link to find available grocery stores that accept SNAP in Coos County:**  
<https://usda-fns.hub.arcgis.com/datasets/USDA-FNS::snap-store-locations/explore>