

serves: 6

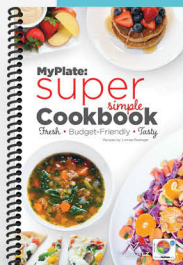
Slow Cooker Lentil Minestrone

1 lb. ground beef or ground bison	$\frac{3}{4}$ cup green or brown lentils, rinsed	4 cups vegetable or chicken broth
1 medium onion, diced	1 (14.5 oz) can diced tomatoes	4 cups water
3 carrots, peeled and diced	2 tsp. dried oregano	3 cups kale, stems removed and torn, or chopped into small pieces
3 celery stalks, chopped	1 tsp. salt	

1. In a large skillet, cook the ground beef, onion, carrots, and celery until beef is browned and the onions are translucent. Drain the fat from the skillet and place in the slow cooker.
2. Add the lentils, tomatoes, oregano, salt, and broth to the slow cooker and cover. Cook on high for 4 hours or low for 6-8 hours.
3. Before serving, add the kale and stir until wilted.

NUTRITION INFORMATION:

329 calories
21 g protein
27 g carbohydrate
15 g fat
1100 mg sodium
6 g fiber



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