

## 3.5: Lentil Soup with Beef & Red Pepper

Soup is a very budget-friendly option for lunches and dinners. It is also a great way to get more bang for your buck from more expensive cuts of meat, like steak. In this recipe, one pound of steak gets stretched out into enough to serve six people. Full of protein & fiber, this slow-cooker recipe is a great option for busy weeknights!

### Ingredients

1 pound boneless beef sirloin steak  
 4 cups reduced-sodium beef broth  
 1 cup lentils, rinsed & drained  
 1 cup water  
 ¾ cup coarsely chopped sweet red pepper (1 medium)  
 ½ cup chopped onion (1 medium)  
 ½ cup sliced carrot (1 medium)  
 ½ cup sliced celery (1 stalk)  
 2 cloves garlic, minced  
 1 tsp. ground cumin  
 ¼ tsp. cayenne pepper  
 1/3 cup snipped, fresh parsley



### Preparation

1. Trim fat from meat. Cut meat into ¾-inch pieces. If desired, in a non-stick skillet, cook beef over medium-high heat until browned on all sides. Place meat in a 3.5-4qt. slow cooker. Stir in remaining ingredients, except for parsley.
2. Cover and cook on low heat setting for 7-8 hours or on high heat setting for 3.5-4 hours. Stir in parsley. Ladle soup into bowls. Serves 6.

### Nutrition (per serving)

Calories:	265
Fat:	7g
Sat. Fat:	2g
Carbs:	24g
Protein:	26g
Fiber:	11g
Sodium:	300mg