



---

## Uploaded to the VFC Website

▶▶ ▶▶ **May 2014** ◀◀ ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton  
Tax ID #27-3820181  
CA Incorporation ID #3340400  
CA Dept. of Charities ID #: CT-0190794*

### ***If Veterans don't help Veterans, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

### **Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## ***Slow-Cooker Lentil Soup***

- 8 Cups chicken or vegetable low-sodium broth
- 2 Cups dry lentils
- 2 Celery stalks, chopped
- 3 Carrots, peeled and chopped
- 2 Cloves garlic, peeled and minced
- 2 Tbsp tomato paste
- 1/2 Tsp salt
- 1/2 Tsp dried rosemary
- 1/4 Tsp pepper

- 1) Place all ingredients into a slow cooker and stir to combine. Cover and cook on high for 4 hours or on low for 8 hours. Serve.

Makes 6 Servings.

