



# healthy **habits**

EATING WELL ON A BUDGET

## Lentil Vegetable Soup

Approximate cost of the recipe: \$10.85, \$1.81 per serving (Serves 6)

### Ingredients:

|  |   |   |  |   |
|--|---|---|--|---|
|    |    |    |    |    |
| <b>1/2 Cup</b>   |   | <b>2</b>  | <b>3</b>   |   |
|  |   |   |  |   |
| <b>6 cloves</b>  | <b>1</b>  |   | <b>2 cups</b>  | <b>2</b>  |
|  |  |  |  |  |
| <b>1</b>   | <b>1/4</b>  |   | <b>2 cups</b>  | <b>6 cups</b>   |

### Tools Needed:



# Directions:

1



2



3



4



5



6

