 **Slow-Cooker Lentil Soup**

*Serves 12*

**Ingredients**

1 lb dried lentils

2 medium carrots, chopped

1 large onion, chopped

3 cloves garlic, finely chopped

64oz vegetable broth

6oz tomato paste

½ cup cooking wine

1 ½ tsp ground cumin

1 tsp dried thyme leaves

1 lb frozen peas

**Directions**

1. Wash and prep all vegetables.
2. Grease your slow cooker with a drizzle of oil. Mix all ingredients in the cooker.
3. Cover and cook on low for 8-10 hours.
4. In the last hour, add frozen peas and stir. Continue cooking for 30-60 minutes.
5. Stir before serving.

**Nutrition**

*200 cals, 20g C, 13g P, 1g F*