

DINNER

Lentil Soup with Kraut and Bacon

17 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
43 min	8 min	35 min	8	\$0.84	246 kcal

Lentil Soup with Kraut and Bacon is a main course that serves 8. For 84 cents per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. One portion of this dish contains around 17g of protein, 2g of fat, and a total of 246 calories. It will be a hit at your Winter even...

Ingredients

- ☐ 4 slices 40%-less-fat bacon (such as Gwaltney), chopped
- ☐ 16 ounce package dried lentils, rinsed
- ☐ ½ teaspoon pepper
- ☐ 14½ ounce shredded sauerkraut, drained canned
- ☐ 32 ounce carton fat-free, less-sodium chicken broth
- ☐ ½ teaspoon celery seeds
- ☐ 3 cups chopped onion
- ☐ ¾ teaspoon salt
- ☐ 4 cups water

EQUIPMENT Bowl, Frying pan, Dutch oven

Method

- 1

Combine first 5 ingredients in a Dutch oven; bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes or until lentils are tender.
- 2

Cook bacon in a nonstick skillet over medium heat until crisp.
- 3

Remove bacon from pan; crumble. Reserve 1 tablespoon drippings; discard remaining drippings.

- 4 Combine bacon and sauerkraut in pan; cook 1 minute or until thoroughly heated.
- 5 Add reserved drippings, salt, and pepper to lentil mixture. Spoon soup into individual bowls; top with sauerkraut mixture.

Nutrition per serving

246	17 g	2 g	43 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.4 g · 2% of daily needs
Fibre			19.9 g · 79% of daily needs
Sugar			5.1 g · 6% of daily needs
Sodium			991 mg · 43% of daily needs
Cholesterol			2.7 mg · 1% of daily needs
Vitamin C			14.5 mg · 18% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/lentil-soup-with-kraut-and-bacon-143130