

## ***Lentil Soup Recipe***

### **Ingredients:**

2 quarts (approx. 8 cups) of stock

(homemade from VEGGIE STOCK/bone broth or organic store-bought chicken/vegetable stock)

1 quart (approx. 4 cups) water

3 cups lentils (can buy in bulk and Fred Meyer and Thunderbird)

\*\*\* (the ratio of liquid to lentils is 1 quart (approx. 4 cups) to 1 cup lentils)

4 stalks or 1 ½ cup of celery (I usually just chop from the top of the entire bundle to get some of the leaves for flavor)

4 medium sized carrots sliced or chopped

1 yellow onion diced

4 cloves garlic (can buy already chopped garlic 1-2 tbsp depending on personal taste, I use 2 tbsp)

\*\*\*Organic is preferred with root veggies as they absorb a lot from the soil and their cost is nearly the same as non-organic, please wash them before cooking)\*\*\*

1-2 tsp of salt and pepper (start out with one and add more if needed)

1 tsp oregano leaves or basil leaves

3 Bay leaves

Olive oil for sautéing the veggies

### **Optional:**

1 can of tomato paste or diced tomato (adds acidity to the soup and richer flavor)\* (buy BPA free can)\*

2 cups of chooped spinach or kale (adds some great color plus more vitamins and minerals!)

1 tsp Turmeric and coriander

½ tsp cumin and cayenne (or chili powder), cardamom

\*\*\* (these are the spices I used in my soup, they give it a Indian spice to the soup)\*\*\*

\*\*\* (you could also just buy a curry powder seasoning that has all of these spices in it, or add any seasoning that you like)\*\*\*

**How to cook:**

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, along with a couple shakes of salt and pepper; cook for 2 minutes.

Stir in lentils, add stock and water along with can of tomatoes if desired. Bring to a boil. Stir in all seasoning including salt and pepper, add more seasoning if desired throughout cooking-wait at least 45 minutes to see flavor profile. Reduce heat, and simmer for at least 1-2 hours, this will depend on how much you want your lentils cooked. Keep in mind you may add more water if you want there to be more liquid in the soup. When soup is nearly done stir in spinach or kale, and cook until it wilts.

Toppings and sides: These add another level of flavor to the soup!

Chopped bacon or chopped ham

Parmesan or Asiago cheese

100 % whole wheat toast

Pita or flat bread

\*\*\*If you are using crockpot, just sauté veggies really fast and then put all ingredients together in pot and turn on for a couple hours.....Instapot of course will be faster\*\*\*

The soup will last at least 4 days in the refrigerator, but any leftovers can be frozen 😊