

## LENTIL SIMMER COOKING INSTRUCTIONS + STORAGE:

### DEFROSTING:

Option 1: Leave soup in the fridge overnight the day before use.

Option 2: Dip container in bowl of hot water until slightly thawed.

Option 3: Quick thaw in microwave, at 1 minute intervals and stir in between.

### HOT SOUP:

Stovetop: Transfer frozen soup to saucepot. Add  $\frac{1}{4}$  cup of water, cover and heat slowly over low heat, about ten minutes, adding water if needed. Stir occasionally until soup comes to a simmer. Remove lid and bring up to a boil just before serving. If desired, add additional water to adjust consistency. For thawed soup, reduce reheating time as needed.

Microwave: Heat for 6 minutes in covered container until slushy and stir.  
Remove lid and heat up to 6 more minutes until hot. For thawed soup, reheat 3 to 5 minutes until hot.  
The soup container is microwave safe.

**STORAGE:**

Refrigerator: 1 week

Freezer: 6 months