

LENTIL SOUP

PREP TIME
10 MINS

TOTAL TIME
55 MINS

YIELD
6 SERVINGS

INGREDIENTS

- 3 tbsps olive oil
- 1 onion
- 2 cloves of garlic, minced or crushed
- 3 tbsps fresh grated ginger
- 4-5 celery stalks
- 4-5 medium or large carrots
- 10 cups of water
- 4 chicken stock cubes
- 1.5 cups of red lentils (more for a thicker soup*)
- Cumin, rosemary, oregano, and poultry seasoning to taste

Add oil to heated soup pot, then add and cook onions until tender, usually 3-4 minutes.

Add garlic and ginger, cook for 2 minutes. Then add carrots and celery and cook for another 4 to 5 minutes.

Add water and chicken stock cubes, then bring to a boil.

Add lentils and seasoning, allowing to cook at boiling for approximately 20 minutes.

...



**This soup can be made into a thick stew by adding more lentils and small cubes of potato and bacon bits. You can also add thinly sliced leeks for more flavour and nutrition.*

For a spicy kick of flavour, add chili flakes or cayenne and chili powder.