



Lentil Soup

Yield: Serves 4-6

Total Time: 30-45 minutes

Ingredients:

- 3 Cups of Organic Lentils
- 4 Tomatoes
- 5 Large Carrots
- 4 Cloves of Garlic
- 1 Yellow Onion
- 3 Tablespoons of Olive Oil
- 2 Tablespoons of Kosher Salt
- 1-2 Tablespoons of Ground Cumin
- 12 Cups of Water

Equipment Needed:

- Cutting Board
- Knife
- Measuring Cup
- Wooden Spoon/Ladle
- Large Pot
- Serving Dishes/Bowls
- Colander
- Peeler

Prep:

- Get a cutting board and sharp knife
- Finely chop one yellow onion and set aside
- Peel five large carrots and chop off the ends and discard the ends
- Slice the large carrots into 1 inch slices and set aside
- Remove the peel of 4 garlic cloves and finely chop and set aside
- Rinse 4 tomatoes then slice the tomato in half (lengthwise), then rinse the seeds out in the sink (need to remove all the seeds from the tomatoes)
- After the tomatoes are peeled and seeds have been removed, then finely chop the tomatoes and set aside
- Rinse the organic lentils under cool water

Directions:

- Get a pot and put it on the stove and turn the gas/electric knob to a medium to high setting
- Pour 3 tablespoons of olive oil onto the heated pot
- Pour 1 finely chopped onion and 4 finely chopped pieces of garlic onto the pot and sauté
- After the ingredients are sautéed then add the 4 finely chopped small to medium sized tomatoes and 5 sliced carrots and sauté
- After the tomatoes and carrots are gently sautéed then pour in 12 cups of water



- Let the water and ingredients gently boil and then pour in 3 cups of organic lentils
- Pour 2 tablespoons of kosher salt and 1-2 tablespoons of ground cumin into the pot and stir
- Reduce the heat to a low to medium setting and simmer with the lid on for about 25-30 minutes or until lentils are tender
- Serve in a bowl

*****Feel free to add more of the ingredients and season to suit your taste buds*****