



Simple & Tasty Lentil Soup

Ingredients:

- 1/2 tablespoons olive oil
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 2 carrots, chopped (1 cup)
- 1/2 cup chopped fresh or canned tomato
- 1 celery rib, chopped
- 1 1/4 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 cup dried lentils
- 4 cups water
- 1 1/2 cups chicken broth
- 2 tablespoons chopped fresh parsley

Instructions:

- 1) Heat oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté onion, stirring, until golden, about 5 minutes.
- 2) Add garlic, carrots, tomato, celery, cumin, and salt and sauté, stirring, 2 minutes.
- 3) Add lentils, water, and broth and simmer, uncovered, stirring occasionally, until lentils are tender, about 20 minutes.
- 4) Stir in parsley, then season with salt and pepper.

YIELD: 8 servings (1 cup each)

A simple, quick to prepare, tasty lentil soup that you'll make over and over again.

Recipe was adapted from one in the September 2002 Gourmet magazine.

Variations:

- Try specialty lentil varieties, such as Petite Crimson or Black Beluga from www.timelessfood.com/.
- For a vegetarian variation, substitute vegetable broth for the chicken broth.
- Substitute (or add) other roots vegetables (like parsnips, turnips, or sweet potatoes) for the carrots.

Nutrition Analysis

Serving Size: 1 cup	Total Carb: 18.7 g
Calories: 118	Dietary Fiber: 8.3 g
Total Fat: 1.5 g	Sodium: 186 mg
Calories from Fat: 11.7%	Protein: 7.7 g
Saturated Fat: 0.2 g	Calcium: 38.0 mg
Trans Fat: 0.0 g	Iron: 2.3 mg

Source:

Timeless Natural Foods

www.timelessfood.com/