

Recipe – Lentil Soup

Ingredients:

- 5 cups cooked lentils with broth*
- 7 plum tomatoes, chopped
- 7 small squash (patty pan or small zucchini), chopped
- 4 small red onions, chopped
- 12 mushrooms, chopped
- 3-4 cloves of garlic, minced
- 2 T. chicken soup base
- 1 t. curry paste
- Olive oil to coat bottom of sauté pan

Directions:

Coat the bottom of a sauté pan with olive oil

Sauté onions until translucent

Add garlic and sauté until fragrant

Add remaining vegetables and sauté until slightly softened

Add cooked lentils and broth

Season the soup with chicken base and curry paste

* to prepare lentils

Pick them over removing clumps of soil, if any

Rinse, add water to cover, plus one inch and allow to soak overnight or for several hours. This increases digestibility and decreases cooking time. You can omit this step and cook them longer, if you don't have enough lead time.

If using salt, add it at the end as the beans don't cook to desired softness when salt is added early in the cooking

Cook the lentils til desired softness, ½ hour or more depending on soaking