

Recipe – Lentil and Red Pepper Soup

Ingredients:

- 1 pound green lentils, cooked according to package directions
- olive oil or preferred fat to coat the pan
- 1 onion, minced
- 1 red pepper, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 4 – 6 cups vegetable broth or stock (we used stock from a roasted turkey*)
- hot sauce and/or salt and pepper to taste

Directions:

Generously coat the bottom of a soup pot with olive oil

Add the vegetables and cook till the onion is a little golden

Add the cooked lentils and broth or stock and simmer for 20 minutes or so

Season with hot sauce to taste

After making a whole turkey for a large meeting, we took the bones and skin and simmered them with some celery, carrots and onions in a large stock pot for about 3 hours

You need to start with a water level an inch or more above the bones and let it cook down to a flavorful broth