

Recipe – Mushroom & Lentil Soup

Serves 12

Ingredients:

- Olive oil to coat the pot bottom
- 2 large onions, chopped
- 1 ½ pound mushrooms, chopped
- 4 cups pink lentils
- 3 chopped carrots
- Water and (organic) soup base
- Optional: hot sauce

Directions:

Rinse the lentils and soak for an hour. Drain. Add water to cover plus one inch.

Simmer the pink lentils til soft, skimming, if needed. They soak up a lot of water so add it to keep the consistency of a thick soup.

Coat the soup pot bottom with oil

Sautee chopped onions

Add carrots and mushrooms and stir

Add the cooked lentils and simmer. Remember to add water as needed

Add (organic) soup base to taste

We served this with a fresh green tomato salsa