



HEARTY LENTIL SOUP

Basic Lifestyle

INGREDIENTS

1 TBS olive oil	2 bay leaves
1 yellow onion, diced	¾ TSP dried thyme
1 cup diced carrots	½ TSP pepper
½ cup diced celery	¼ TSP ground cumin
1 TBS minced garlic	2 cups chopped kale
4 cups vegetable broth	1 TSP lemon juice
1 cup green or brown lentils	¾ TSP salt
1 (15-ounce) can diced tomatoes, with liquid	

INSTRUCTIONS

—Heat the olive oil in a stockpot over medium-high heat.

—Add the onion, carrots, celery, and garlic to the pot, and sauté for 5 minutes. Raise the heat to high, and add the vegetable broth, lentils, diced tomatoes, bay leaves, thyme, pepper, and cumin.

—Bring the soup to a boil. Reduce heat to low, cover, and cook for 20 minutes, or until lentils are tender. If soup is too thick, add water, ¼ cup at a time, until your desired consistency is reached.

—Add the kale, lemon juice, and salt to the pot, cover, and let simmer for an additional 10 minutes before serving.

SERVING INFO: (Serves 4) 1 1/3 cups = 1/4 P, 2 1/2 V