



VEGETARIAN LENTIL SOUP

INGREDIENTS:

3 cups dried lentils, rinsed (I used orange and brown)
7 cups of water or vegetable stock
2 tsp. salt
2 tsp. minced garlic
1 cup chopped onion
1 cup celery, chopped
1 cup carrots, chopped
1 can of chopped organic tomatoes
2 TBS. Red Wine
2 TBS. Lemon Juice
1 TBS. Honey
1 TBS. Apple Cider Vinegar
1 TBS. Thyme

DIRECTIONS:

In a large soup pot, water saute your carrots, onions, and celery until onions are translucent.

Add in the garlic, lentils, tomatoes, and water/stock, and salt.

Bring to a boil, reduce to a simmer, and cook about 30 - 45 minutes until lentils are tender, but not mush.

Add in wine, lemon juice, and honey. Adjust seasoning with salt and pepper.

Enjoy!