



Lentil Veggie Soup

Ingredients:

Vegetable oil
1.5 cups red lentils
1 large onion
3-4 garlic cloves, pressed or minced
Can of no salt added diced tomatoes
5-10 stalks celery
2-3 carrots
3 cups kale, without stems
2-3 bay leaves
Juice from 1.5 lemons
Red pepper flakes to taste
8 cups (2 cartons) vegetable broth

1. IN LARGE POT, SAUTE UNTIL ONIONS TRANSLUCENT. ADD CELERY AND CARROTS, SAUTE UNTIL SLIGHTLY SOFT.
2. ADD CAN OF TOMATOES, BAY LEAVES, LEMON JUICE, RED PEPPER FLAKE, LENTILS AND VEGETABLE BROTH AND BRING TO A BOIL,
3. SIMMER UNTIL LENTILS ARE ALMOST COOKED.
4. ADD KALE AND COOK UNTIL WILTED.