



## **Lentil Soup**

Serves 6

*A low-cost, low-fat super food, lentils are high in protein, thiamine and folate, as well as such minerals as phosphorous, iron, potassium and manganese.*

- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, peeled and chopped
- 1 teaspoon oregano
- 1 bay leaf\*
- 1 can (14.5 oz.) diced or crushed tomatoes
- 1 quart chicken stock
- 2 cups dried lentils
- 2 to 3 Tablespoons of olive or vegetable oil
- salt + pepper
- Chopped fresh parsley as a garnish

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook for 8 to 10 minutes until tender. Stir in garlic, bay leaf and oregano; cook for 1 minute until fragrant.

Stir in lentils, add the broth and tomatoes. Bring to a boil. Reduce heat, and simmer for 45 minutes to one hour. Add salt and pepper to taste and stir in fresh parsley. Serve.

\*Substitute 1 teaspoon of curry powder for an Indian accent!