



Luscious Lentil Soup

In a large pan mix:

- 2 C Dry lentils**
- 8 C Water**
- 1 Medium onion, chopped**
- 1/2 C Celery, diced**
- 2 Cloves garlic, crushed**
- 2 T Olive oil**
- 2 Bay leaves**
- 3/4 tsp Oregano**
- 1/4 C Parsley, chopped**

Cook 20 minutes. Then add:

- 2 Medium potatoes, peeled and cubed**
- 2 C Baby carrots, or regular diced carrots**

When lentils are soft add:

- 1 tsp Salt, or to taste**
- 1 14-oz Can tomatoes, chopped**
- 3 T Tomato paste**

Cook 10 more minutes. Serves 10.

Serving Suggestions

- **Serve soup with fresh salad and bread.**
- **Serve over a potato, brown rice, or whole wheat toast.**