

Eat Simply...So Others May Simply Eat

“SIMPLE” RECIPE



During the Lenten Season, “Eat Simply” asks how you and your family will be uniting yourselves with the struggling neighbors and with the starving of the world. We encourage you to reflect, discuss and decide how you will eat more basic meals during Lent as you participate in “Eat Simply.”

What is a “simple meal” in your house? Below is a recipe that is easy and quick and is considered a “simple meal” in my home.

If you have a favorite “simple” recipe, perhaps you would like to share it. We would be happy to share it in the bulletin and on the website.



Lentil Barley Soup

Ingredients:

- ¼ cup margarine (substitute olive oil for a vegan dish)
- ¾ cup celery (chopped)
- ¾ cup onion (chopped)
- ¾ cup lentils (dry)
- 1 quart canned tomatoes
- ¾ cup barley or brown rice (uncooked)
- 2 TSP salt
- ½ TSP rosemary
- ¼ TSP pepper
- ½ TSP garlic salt
- ½ cup carrots (shredded)

*These are suggestions.
Adjust recipe to your tastes and likings.

Directions:

1. In a large pot, begin by sautéing margarine, celery, and onion until cooked.
2. Next, add 6 cups of water and the lentils, and cook for 20 minutes.
3. Add to the pot, tomatoes, barley, salt, rosemary, pepper, and garlic salt.
4. Let simmer for 45-60 minutes.
5. Lastly, add carrots and cook for an additional 5 minutes, then serve.

Serve hot
with crusty bread*
and **Enjoy!**
Kelley



Thank you so much for participating in the Eat Simply Program.



Parish Outreach

