

# WAJD BIBLE RECIPES WITH SHALOM

And they continued  
steadfastly in the  
apostles' doctrine  
and fellowship,  
and in breaking of  
bread, and in prayers.

Acts 2:42 (KJV)

O taste and see  
that the LORD  
is good.

Psalms 34:8 (KJV)

Better is a dinner  
of herbs where love is,  
than a stalled ox  
and hatred therewith.

Proverbs 15:17 (KJV)

## Lentil & Vegetable Soup

A hearty bowl of nourishment  
and fellowship.

Good  
Food  
Brings  
People  
Together



Lentils



Broth



Onion



Carrots



Celery



Garlic



Diced Tomatoes



Herbs



Spinach  
(optional)

### Ingredients

- 1 cup dried green or brown lentils, rinsed
- 6 cups water or vegetable broth
- 1 chopped onion
- 2 sliced carrots
- 2 sliced celery stalks
- 3 minced garlic cloves
- 1 can diced tomatoes
- 1 tsp thyme
- 1 tsp oregano
- Black pepper and salt to taste
- Optional: handful of spinach



Simple ingredients.  
Big blessings.



### Instructions

- 1 Rinse lentils.
- 2 Add lentils, broth, onion, carrots, celery, garlic, tomatoes and herbs to a pot.
- 3 Bring to a boil, then simmer 30–40 minutes until lentils are tender.
- 4 Season to taste and stir in spinach for the last 5 minutes.
- 5 Serve warm.

Simple food.  
Big fellowship.



### Shalom's Kitchen Tips

- Rinse lentils well before cooking to remove any debris.
- If the soup gets too thick, add extra broth or water to reach your desired consistency.



### A Message of Gratitude & Fellowship

Simple food can bring people together — around the table, in gratitude, and in fellowship. When we share a meal, we share more than food; we share love, kindness and the goodness of God's blessings.



**Let Us Pray** Heavenly Father, thank You for the food we have and for the people You place in our lives. Help us to be grateful, kind and united in Your love. Bless this meal and the fellowship it brings. **In Jesus' name, Amen.**

Shalom