

## Lentil Soup

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
green lentils	2 cups	
olive oil	4 TBLSP	
garlic	4 cloves	minced
carrots	2 large	peeled & diced
onion	1 small	peeled & diced
Yukon Gold potatoes	3	washed & diced
bay leaves	2	
tomato	1 large	washed & minced
salt		
black pepper		
Hungarian paprika		

- In a large soup pot, bring 4 cups of salted water or broth to a boil. Add the lentils & reduce heat to low. Simmer 10 minutes.
- Meanwhile, in a large frying pan, sauté the garlic, carrots, onion, & potatoes in olive oil for five minutes.
- Add all ingredients to the lentils in the large pot, and simmer 20 minutes or until the lentils are tender.
- Add salt & pepper & Hungarian paprika at the end before serving.

NOTE: When cooking legumes, wait to add salt until after they are cooked, otherwise the salt will make them tough.