**LENTIL SOUP (Lenten-Vegetarian) RECIPE**

**½ C. Red Lentils (Rinsed) 1 Lg. Onion, Chopped**

**32 oz. Organic Veg.Broth 2 oz. Red Wine**

**2 Stalks Celery, Chopped 15 oz. Tomato Puree**

**4 Carrots (Peeled/Chopped) 1 tsp. Salt or to taste**

**3 Cloves Garlic, Minced 1 Tbsp. Olive Oil**

**1 oz. Balsamic Vinegar**

**¾ tsp. Freshly Ground Pepper or to taste**

**1 C. Washed/Chopped/Drained Spinach (Italian Version)**

**Spice Bag**

**1 tsp. Thyme 1 Bay Leaf**

**1 tsp. Oregano 1 tsp. basil**

**Use a Coffee Filter and Tie with Food Grade Twine or Place in a Tea infuser**

**Heat Oil, place onion, carrots and celery in pot called mirepoix. Cook until softened. Add garlic until fragrant. Do not let it get brown or will get bitter. Always use organic ingredients when available.**

**Stir in tomato puree, vegetable broth, wine and lentils, salt, pepper and add spice bag.**

**Let simmer for 25 minutes. Red Lentils cook faster than brown or green and you do not have to soak the night before.**

**Add vinegar and let simmer another 5 minutes. If making the Italian Version, add the spinach and cook until spinach is wilted.**

**Plate it and garnish with sprigs of fresh parsley or skip the garnish.**

**Serve plain with toasted garlic bread.**