

Rainbow Lentil Soup

You can make up and jar this soup in layers as a dry mix, or you can make it from scratch the day you plan to serve it. Six servings. Dry mix fits in a quart jar.

1½ cups dry lentils—mix and match—green, brown, red, yellow—all work great

½ cup dried diced onion

½ cup dried diced carrots

½ cup dried diced celery

1 tsp dried garlic chips

½ tsp each cumin and coriander powder

1 ½ tsp paprika

2 bay leaves

1 tsp lemon powder

¼ tsp each salt and pepper

4 cups of chicken broth—home canned or made from bouillon

1 can (15 oz) crushed tomatoes

Combine all ingredients in a pot. Bring to a rolling boil and proceed with one of the following processes:

- a. Place hot soup in your off grid slow cooker and allow to steep for 4-5 hours.
- b. Reduce heat and simmer on heat source for 40-50 minutes until lentils are soft. To conserve fuel, use a standard pressure cooker and cook for 12 minutes.

Serve hot with flatbread.

Variation: Open a pint jar of chicken or beef chunks and add to soup the last 10 minutes to heat.

Note: If you prefer to reconstitute the onion, carrots and celery to use as mirepoix, pack them in a separate plastic baggie in the jar if dry packing the soup mix. When ready to make the soup, reconstitute the mirepoix veggies and sauté them in ghee slowly without browning to form the aromatic base for the soup. Then add all other ingredients and proceed as above.