

Red Lentil Soup

1 cup dried red lentils, cooked separately from the rest of the soup
1 large onion
3 garlic cloves, chopped
3 large carrots, copped
½ cup copped fresh or canned tomatoes
1 celery stalk, chopped
1 ¼ tsp ground cumin
½ tsp salt
4 cups water
1 ½ cup vegetable broth
2 cups spinach
salt & pepper to taste



- Heat all ingredients in a large pot except for the lentils & spinach.
- Cook lentils separately until tender. After they have been cooked, rinse them off in the sink in a strainer until all of the bubbles are rinsed off.
- Add the lentils & spinach to the rest of the soup & heat until the spinach just begins to wilt.