

Hearty Lentil Soup

Serves: 12 | Serving Size: 1 cup

Ingredients Needed:

- 5 cups vegetable or chicken broth
- 2 cups water
- 1½ cups lentils, picked over and rinsed
- 1 cup brown rice, uncooked
- 2 (15 ounce) cans diced tomatoes with liquid
- 3 carrots, peeled and sliced
- 1 large onion, chopped
- 1/2 cup celery (~2 large stalks), chopped
- 2 large garlic cloves, minced
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon thyme
- 1 tablespoon parsley
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt



- 1/8 teaspoon pepper

Directions:

1. In a large, heavy saucepan, combine the broth, water, lentils, rice, tomatoes and tomato liquid, carrots, onion, celery, garlic, basil, oregano, thyme, parsley, vinegar, salt, and pepper.
2. Bring the soup to a boil, reduce the heat, cover and simmer the soup for 45 to 55 minutes or until lentils are tender. Stir occasionally.
3. If necessary, thin the soup with additional hot broth or water.

Tip: If using fresh instead of dried herbs, triple the amounts listed.