

Lentil Soup

2 cans lentils (drained)
3 carrots (chopped)
3 stalks celery (chopped)
1 large onion (chopped)
2 cloves garlic (chopped)
2 potatoes (small dice)



5 cups vegetable stock
2 cups water
1 tbsp. oil
1 tsp. cumin
1 tsp. dried basil
Salt and pepper to taste

- 1) Heat oil in soup pot.
- 2) Add carrots, celery, onion and garlic and sauté for 5 mins.
- 3) Add stock, water, potatoes, salt, pepper, cumin, basil and lentils and simmer, covered, for 30 mins (or more).