

Lentil Soup

Ingredients:

- 4 cups mixed lentils
- 8 cups broth
- 4 carrots, diced
- One onion, chopped
- 3 garlic, chopped
- 4 celery stalks, diced
- 8 mushrooms, sliced
- 1 tbsp Italian seasonings
- 1 tsp garam masala
- 1 tsp turmeric
- 2 bay leaves
- Salt and pepper to taste
- 2 tbsp soy sauce
- 2 small cans diced tomatoes.
- Fresh spinach, optional

Instructions

1. Sauté chopped vegetables for about 10 minutes, typically in alvacado oil.
2. Stir in lentils, broth, seasonings, and soy sauce. Cook for about a half hour
3. Stir in tomatoes, cook another 10-15 minutes, until lentils are soft.
4. Add spinach and any other vegetable you would like.

