

Soup, Lentil

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Cooking time:

18 minutes

Yield:	pints	4	2
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Lentils	cups	1	1/2
Water	cover lentils		

Add to bowl, Mix & Let sit over night
Drain water, Rinse & Add to bowl

Lentils, dry	cups	1	1/2
Water	cups	2	1
Broth, vegetable	cups	4	2
Onion, chopped	cups	1	1/2
Tomatoes, diced	ozs	28	14
Garlic, chopped	spice TBSP	2	1
Bay	spice teasp	1/2	1/4
Coriander	spice teasp	1	1/2
Cumin	spice teasp	2	1
Pepper, black	spice teasp	1/4	1/8
Pepper, red	spice teasp	1/4	1/8
Salt	spice teasp	1/2	1/4
Thyme	spice teasp	1/2	1/4

- 6 Add to bowl, Mix, Microway on high for 6 minutes
- Pour soup in blender & Mix on high
- Pour back into bowl
- 6 Mix & Microway on high for 6 minutes
- 6 Microway for 6 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

