

EASIEST LENTIL SOUP

Of course you don't have to use Trader Joe's ingredients, but the steamed lentils there make this soup go together in no time. You may be able to find canned green lentils, or can cook them before throwing the soup together.

Ingredients:

1 pkg 17.5 oz Steamed Lentils (or add red lentils to broth and cook)
1 carton organic, low sodium veggie broth
1 carton Mirepoix (in the Produce section; diced carrot, onion & celery)
1 can organic diced tomatoes (I like fire-roasted tomatoes for added flavor)
Spices of your choice

Dump the Mirepoix in a pot with a little veggie broth to saute. Without Mirepoix, just finely dice about ½ c each of carrot, onion and celery.

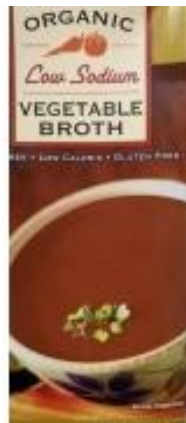
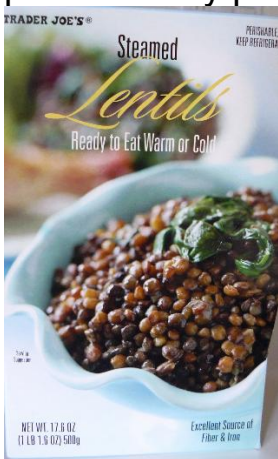
Add in seasonings here, or later, but I like to get it into the veggies. Add in the lentils, carton of broth, can of diced tomatoes. That's it!

Seasonings I use:

2 tsp TJ's 21 Seasoning Salute or Italian blend, ½ tsp smoked paprika, 2 tsp garlic powder, ¼ tsp turmeric, cayenne, salt & pepper to taste. OR add chili seasonings to make lentil chili, or curry seasoning to make curried lentil soup

Or just try whatever seasonings you like.

Feel free to add other veggies like green pea, corn, bell pepper, small diced sweet potato or any potato. Enjoy!



3 ways to enjoy this:

1. As soup—add a little veggie broth or water if it gets too thick
2. As a topping for baked potatoes or baked sweet potatoes
3. If it's thick, in a stuffed pepper, or even stuff a portabello mushroom cap