

## SATISFYING LENTIL SOUP



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Serves 5-6

You'll want seconds of this speedy and heart-healthy soup, adapted from Healthy Cooking. Add some homemade turkey sausage if you have it in the freezer. Be sure to soak your lentils for 8 to 10 hours, and look for many more recipes for salads and side dishes using lentils in our May/June edition of I Want To THRIVE magazine!

2 carrots, chopped  
1 celery rib, chopped  
1 small onion, chopped  
1 Tbs. olive oil  
1/2 tsp. fresh ginger, minced  
1 tsp. SCD curry powder  
1 garlic clove, minced  
1/2 tsp. each; cumin and coriander  
2 c. water  
4 c. homemade chicken broth  
1/2 pound dry brown lentils\*

2 Tbs. fresh cilantro, minced  
1 tsp. salt  
dash pepper

Soak lentils overnight in plenty of water. Drain, discarding water. Set aside.

In a Dutch oven, sauté the carrots, celery and onion in oil until tender. Add the ginger, curry powder,

garlic, cumin, and coriander; cook and stir 1 minute longer. Add the water, broth, and lentils; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until lentils are tender. Stir in the cilantro, salt, and pepper, adding plenty more salt to taste.

*\*Be sure to wait 3-6 months after starting the SCD before trying lentils.*