



LENTIL SOUP

MATERIALS:

- Large Pot
- Ladle or spoon
- Measuring Cups
- Measuring Spoons

INGREDIENTS:

- 2 tbsp oil
- 1 cup chopped onion (or 2 tbsp onion powder)
- 1 tbsp minced garlic (or 1 tsp garlic powder)
- 4 cups vegetable broth (or any broth)
- 1 cup dried lentils
- 3/4 tsp black pepper
- 1 (15oz) can garbanzo beans (optional)
- 3/4 tsp salt
- 1 cu[frozen or drained canned green beans
- 1 cup fresh/frozen/ or drained canned spinach
- 1 tbsp lemon juice
- 1/2 tsp cinnamon

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DIRECTIONS:

1. Heat oil in a saucepan over medium heat. If using. Add onion and cook for about 3 minutes. Add garlic and let simmer for 3 minutes. If using garlic and onion powder, skip this step.
2. Stir in broth, lentils, chickpeas (if using), and salt. If using onion and garlic powder, add now. Bring to a boil over medium-high heat. Reduce heat to medium-low to maintain a simmer. Cover, and cook for 30-40 minutes, or until lentils are tender.
3. Remove from heat and add spinach, green beans, and lemon juice. Stir until the spinach wilts and green beans are heated through, about 1 minute. Taste, and add extra spices if needed.
4. Serve warm and enjoy!

Chef's Notes:

- You can add 1/2 tsp cumin and 1 tsp ginger to add extra flavor and fragrance!
- If you are using canned vegetables, drain and rinse before adding to recipe to reduce sodium.