

Green Lentil Soup

Prep Time: 10 minutes

Cooking Time: 45 minutes

Yield: 5 servings

Ingredients:

1 cup green lentils

1 medium onion, diced

1 carrot, diced

1 stalk celery, finely chopped

4 cups spring water or vegetable stock

1 bay leaf

1/2 teaspoon sea salt

1 tablespoon chopped parsley

1 tablespoon olive oil

1 teaspoon basil

1 teaspoon rosemary

squeeze of lemon or 1 tablespoon umeboshi vinegar

Directions:

1. Spread lentils on a flat surface and pick out any stones, then wash and drain them.
2. In a soup pot, warm the oil over medium heat.
3. Add onion and cook 5 minutes or until translucent.
4. Add carrot and celery and continue to sauté 3-5 minutes.
5. Spread lentils on top.
6. Add water and herbs. Bring to a boil, reduce the heat to low, cover and simmer for 45 minutes or until lentils are tender.
7. Add chopped parsley, salt, and a squeeze of lemon juice or umeboshi vinegar.
8. Simmer another 2 minutes and serve.

Variations:

Add a small piece of kombu, rinsed.