

LENTIL VEGETABLE SOUP

Serves: 6

Approximate Cost of the Recipe: \$10.85

Approximate Cost per Serving: \$1.81



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INGREDIENTS:

- ½ cup fresh cilantro
OR 2 tablespoons dried cilantro
- 2 carrots
OR 1 14.5 oz can carrots, drained and rinsed
- 3 stalks celery
- 6 cloves of garlic
OR 3 teaspoons garlic powder
- 1 14.5 oz can diced, fire-roasted tomatoes
- 2 cups frozen potatoes, onions, & peppers (Potatoes O'Brien)
- 2 teaspoons Adobo spice blend
- 1 teaspoon dried oregano
- ¼ teaspoon ground thyme
- 2 cups dried lentils
- 6 cups vegetable stock

DIRECTIONS:

1. Wash all fresh produce under running water.
2. Mince fresh cilantro and fresh garlic, if using. Chop fresh carrots and celery stalks into large chunks.
3. Add olive oil to a soup pot and heat over medium heat. Add garlic, celery, carrots, frozen potatoes/onions/peppers, Adobo blend, dried oregano, and ground thyme. Cook for 5 minutes or until carrots and celery begin to soften and spices become fragrant.
4. Add diced tomatoes with liquid, lentils, and vegetable stock. Cook for 30 minutes.
5. Serve and enjoy!