

Lentil Soup

Serves 4

1 Tbs. olive oil
1 cup lentils (picked and washed)
1 med onion (chopped)
2 garlic cloves (diced)
1 carrot (sliced)
1 celery stalk (sliced)
1 yam or sweet potato (chopped)
1 cup chopped tomato (or canned)
1 bay leaf
1 tsp. cumin seeds
1 tsp. coriander powder
1 tsp. chili powder
½ tsp. cumin powder
1 tsp. sea salt
4 cups water or veg. broth (save 2 cups for end)

heat olive oil in soup pot
add cumin seeds to hot oil for 1 minute
sauté onions and garlic until slightly translucent
add bay leaf, cumin, chili, coriander powder, salt
yam, carrots and celery – sauté for 5 minutes
add 2 cups of water or broth, lentils and tomatoes
bring to a boil, reduce heat and simmer for 30 minutes
add remaining 2 cups of water and simmer for 15 minutes
or until lentils are soft and add salt and pepper to taste.

Serve with a dollop of sour cream, or a slice of crusty bread or with rice.