

Slow Cooker Vegetable Lentil Soup



NORTH CYPRESS
Internal Medicine and Wellness
Live healthy, live well.

Ingredients:

- 1 white or yellow onion, chopped
- 2 cloves of garlic, finely chopped
- 4 cups of brown lentils, rinsed and drained
- 1 (15oz) can of diced tomatoes
- 2 cups of chopped carrots
- 1 cup of celery, chopped
- 8 cups of chicken or vegetable broth (I always use Imagine Brand Broth)
- 4 cups, packed, of baby spinach
- 1/4 tsp. ground cumin
- A dash of cayenne pepper (optional)
- Salt and pepper, to taste



Directions:

1. Heat 2 tbsp. of olive oil in a small pot over medium-high heat. Add the chopped onion, celery, and carrots, and chopped garlic seasoned with a little salt and pepper, and saute until tender, about 5-7 minutes.
2. Place sauteed veggies in the crockpot.
3. Now add the remaining ingredients to the crockpot, stir well. Cover and cook on high for 4-6 hours or low for 8-10 hours (preferably on low). IF you are able to, open and stir halfway through the cooking process—but if you aren't home no worries they will be fine! When cooking time is done, serve and enjoy!

Notes: This recipe tastes best with the addition of some avocados or guacamole.



www.drserna.com
info@northcypresswellness.com
(281)807-5300
Recipe found at : defineddish.com