

Sniffle Lentil Soup

Ingredients

- 1 Tbsp extra-virgin olive oil
- 1 ½ onions (diced)
- 1 cup celery (diced)
- ¾ cups carrots (diced)
- 3 large cloves garlic (minced)
- ½ tsp sea salt
- Ground black pepper to taste
- ¾ to 1 tsp curry powder
- 1 tsp paprika
- ¼ tsp dried thyme
- 2 cups dry red lentils
- 3 cups vegetable stock
- 4 to 4 ½ cups water
- 2 ½ tsp fresh rosemary (chopped)
- 2 ½ Tbsp apple cider vinegar



Instructions

In large pot on medium heat, add oil, onion, celery, carrots, garlic, salt, pepper, and spices, and stir through. Cover and cook for 7 to 8 minutes, stirring occasionally. Rinse lentils, and add along with stock and water. Stir to combine. Increase heat to bring to a boil, then reduce heat to low, cover, and simmer for 12 to 15 minutes. Add rosemary and simmer another 10 minutes or until lentils are completely softened. Stir in vinegar; season with additional salt and pepper if desired.

Serves 6



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Adapted from:
Eat, Drink & Be Vegan by Dreena Burton