

Red Lentil Soup

Vegetable stock:

9 cups water

4 baby carrots

6 celery stalk tops with leaves

½ cup onion (tops and layers—but not dry peel—that would otherwise have been discarded)

2 red pepper tops

Simmer for 30 minutes, uncovered (so that it reduces slightly), then strain. Should yield about 8 cups of stock or broth.

1 16 oz. package of dry red lentils

Rinse and drain lentils. Add to pot with stock or broth. Simmer for 30 minutes.

2 tablespoons olive oil

1 - 2 cups diced onion

1 large shallot diced

2 teaspoons cumin

2 teaspoons paprika

1 or 2 teaspoons flake salt, to taste

½ - 1 teaspoon ground black pepper to taste

½ teaspoon garlic powder

dash of ground red pepper, to taste

While lentils are cooking, brown onions and spices in olive oil in a dutch oven or stock pot.

When lentils have finished cooking, transfer lentils and broth to pot with onions. Simmer for 30 - 40 minutes. Garnish soup bowls with a dash of paprika, fresh parsley and/or lemon wedges.