

## Hearty Lentil Soup - Barb Lewis

Heat 1 tbsp olive oil

Add 1 onion diced

2 minced garlic cloves

1 stalk celery (cut up)

1 carrot (cut up)

Cook 3 - 5 minutes

Add 1 red pepper (cut up)

2 tbsp lemon juice

1 tsp cumin

1/2 tsp cinnamon

1/4 tsp cayenne

Cook 2 minutes

Add 28 oz plum tomatoes & juice

4 cups chicken broth

1 cup dry lentils

salt

Bring to boil then reduce heat

Simmer 25 minutes

Add 1 potato (cut in chunks)

Cover and simmer until lentils soft