



zesty lentil soup //

serves 10-12
may be frozen

preparation /

Wash lentils, sort, drain and set aside.

Heat coconut oil and sauté onions, garlic, carrots, celery for 5 minutes, stirring often.

Add paprika, cumin and cayenne pepper, cook one minute.

Stir and mix in broth and lentils; bring to a boil.

Tie thyme and bay leaf together with kitchen twine and enter in pot.

Cover and reduce to simmer and cook for thirty minutes.

Add tomatoes and cook uncovered for another ten to fifteen minutes.

Stir in parsley and lemon juice.

Salt to taste (optional) and garnish with plain Greek yogurt.

organic ingredients /

1 lb brown or green lentils

3 TBS coconut oil

2 cups chopped onions

1 TBS minced garlic

1 cup chopped carrots

1 half cup chopped celery

1 TBS smoked paprika

1 Tsp ground cumin

$\frac{1}{4}$ Tsp ground cayenne (or to taste)

8 cups vegetable broth

3 sprigs fresh thyme (or $\frac{1}{2}$ tsp dried)

1 bay leaf

3 cups chopped tomatoes

$\frac{1}{4}$ cup chopped parsley