



Try warm and satisfying Lentil Soup after you have been on the SCDiet for at least 6 months. This vegetarian soup adapted from a recipe in Light & Tasty is easy fix. While you're at it, double the recipe and freeze some for another night!

Serves 6

Hearty Lentil Soup

3 c. water
3 c. homemade chicken broth
3 medium carrots, sliced
1 medium onion, chopped
1 c. dried lentils, rinsed
2 celery ribs, sliced
1 small green pepper, chopped
1/2 c. small white beans which have been
soaked for at least 12 hours
1 tsp. dried basil
1/2 tsp. crushed garlic
1 bay leaf

2-3 large tomatoes, diced
1 c. frozen peas

In a large saucepan, combine the first 11 ingredients. Bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/2 hours or until lentils and beans are tender.

Add diced tomato and peas; stir until blended. Cook, uncovered, for 15-20 minutes or until peas are tender. Discard bay leaf before serving.