

Lentil Soup

Ingredients:

* 1 lb     Lentils
* 1 c      Celery (diced)
* ¼ c     Vegetable Oil
* 1 c      Carrots (diced)
* 2 T      Herbs N’ More
* 1 med Onion (chopped)
* 1 T      Cumin
* ¼ c     Chik N’ Seasoning
* 1 sm   Bay Leaf

Instructions:

   1.  Prepare lentils according to cooking instructions in large pot.

   2.  Double the water portion for soup.

   3.  Bring to hard boil for 10 minutes.  Reduce head and add oil, cumin, bay leaf and salt, then cover and simmer for 45 minutes.

   4.  Then add celery, onions, carrots and chik seasoning, allow to simmer stirring occasionally till veggies are tender.

              Serve and enjoy.