

Lentil Soup Recipe

2 cups uncooked lentils, sorted and washed
8 cups water
4 teaspoons McKay's or other brand Chicken-like seasoning
2 teaspoons Salt, or to taste

2 medium onions, chopped very fine or blended
3 medium carrots, chopped very fine or blended
1- 28 ounce can diced tomatoes
1/4 cup parsley flakes
1/8 tsp Thyme
1/8 tsp Oregano

1. Clean and wash lentils
2. Put in a large, heavy pan, add water, chicken seasoning and salt
3. Cook, covered, for 15 minutes
4. Prepare onions and carrots and add to lentils
5. Add tomatoes
6. Add parsley, thyme and oregano
7. Simmer for an additional 45 minutes until lentils are very tender
8. Serve hot with crusty bread or crackers

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*** Alternate Options (from Sharon Taylor - Wimbish Road SDA Church)

Use Mrs. Dash to replace some of the salt; added chopped kale and garlic cloves when the lentils are tender and allow to simmer until vegetables are tender

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