

Sniffle Soup from *Plant-Powered Families*

This soup has been a hit with readers for years. Even if you don't have the sniffles, it's altogether comforting and delicious—sure to be a favorite! Adapted from *Eat, Drink & Be Vegan*.

Makes 5–6 servings

Ingredients

- 1 1/2 tablespoons plus 3 1/2–4 cups water, divided
- 1 1/2 cups diced onion
- 1 cup each - diced carrot and celery
- 3 large cloves garlic, minced
- 1 teaspoon each – paprika and mild curry powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon dried thyme
- 2 cups dried red lentils
- 3 cups vegetable stock
- 2 teaspoons chopped fresh rosemary (see note)
- 1–1 1/2 tablespoons lemon juice

Steps

1. In a large pot over medium heat, add 1 1/2 tablespoons of the water, onion, carrot, celery, garlic, paprika, curry powder, sea salt, thyme, and stir to combine. Cover and cook for 7–8 minutes, stirring occasionally.
2. Rinse the lentils. Add the lentils, the remaining 3 1/2 cups of the water, and stock and stir to combine. Increase heat to bring mixture to a boil. Once boiling, reduce heat to low, cover, and simmer for 12–15 minutes.
3. Add rosemary and simmer for another 8–10 minutes or more, until lentils are completely softened. Stir in lemon juice, and add more water to thin the soup if desired. Serve.

Rosemary Note: Fresh rosemary is exquisite in this soup, but if you don't have it, you can use dried. However, if you're using dried, add it at the beginning of the cooking process, along with the other dried spices, and use less, 1/2–1 teaspoon.