



## Hearty Lentil Soup

### Ingredients:

3 Tb. olive oil  
1 6 oz. package all beef facon, trimmed of fat and minced (optional)  
1 large onion, diced  
4 cloves garlic, finely chopped  
3 medium carrots, peeled and diced  
1 14 ounce can of peeled, chopped tomatoes  
1 tsp. curry powder  
1 tsp. coriander  
1 tsp. cumin  
1/2 tsp. turmeric  
salt and pepper to taste  
2 Qts. vegetable or chicken stock  
2 cups green or red lentil, rinsed and examined for unwanted particles.  
chopped parsley or cilantro for garnish

### Directions:

Place large pot over medium heat. Warm olive oil and brown minced facon. Remove facon once it is golden (5-7 minutes) and set aside. Sautee onions until translucent, 5-7 minutes. Add garlic, stir and cook lightly for another 3-4 minutes. Add carrots, celery and canned tomatoes to pot. Bring to a low simmer. Add all seasoning powders, adjusting to taste. Add vegetable or chicken stock, holding back 1-2 cups if you prefer thicker soup.

Add cooked facon and lentils and simmer for 1.5 hours, stirring periodically.

Add more stock as the lentil break down and thicken, if you prefer a looser soup.

Ladle into individual bowls and garnish with fresh parsley, dill or cilantro. Stay warm and enjoy!