

HEARTY LENTIL SOUP

A hearty winter soup for a cold winter day!

by Jill Yarbrough, MSU Test Kitchen Manager

Featured Food: Lentils

Yield: Serves 8

Ingredients

½ c. lentils	1 bay leaf
1 qt water	½ t each basil and oregano
1 T. + 1 t. vegetable base	¼ t. thyme
1 c. crushed or diced tomatoes	½ c. brown rice
½ c. diced carrots	1 ½ t. cider vinegar
¼ c. diced onions	salt to taste
½ c. diced celery	black pepper to taste
¾ t. minced garlic	chopped fresh parsley as garnish

Preparation

Spread lentils on flat surface; pick out damaged lentils, stones or other foreign matter. Pour in strainer and rinse until water runs clear.

In a pot, add water, vegetable base, vegetables, and herbs to lentils. Bring to a boil, and let simmer uncovered for 30 minutes or until lentils are soft.

Meanwhile, cook brown rice according to package directions.

Stir in cider vinegar and parsley. Add cooked brown rice, and let simmer for 5 minutes.

Season with salt and pepper as needed. Adjust spices if desired. Remove bay leaf before serving.