**Lentil Soup**



**Ingredients**

* 1 lb Italian Sausage Meat   
  (don’t use links)
* 2 tbsp Olive Oil
* 1 Onion, large, chopped   
  (white, brown, or yellow)
* 3 Garlic Cloves, minced
* 1 large Carrot, chopped   
  2 Celery Ribs, chopped   
  (about 1¼ cups)
* 2 cups Dried Lentils, green (or brown)
* 10 oz can RoTel Tomatoes
* 2 quarts Chicken or Beef Stock or Broth
* ½ tsp each Cumin and Coriander Powder
* 1½ tsp Paprika Powder
* 2 Dried Bay Leaves
* 1 Lemon (juiced)
* Salt and pepper

**Directions**

1. Brown Italian Sausage Meat in Oil   
   in large pot, put aside cooked meat   
   in a colander to drain
2. In the same pot, heat more Oil over   
   medium heat. Add Garlic and Onion,   
   cook until soft
3. Add Celery and Carrots  
   Cook for 7 - 10 minutes   
   until Onion are sweet  
   do not rush this step, it is key to the   
   flavour base of the soup
4. Add Meat, RoTel, Broth, Cumin, Paprika,   
   Bay Leaves, Salt & Pepper  
   except the lemon
5. Add 1 quarts Water - Stir
6. Increase heat and bring to boil
7. Place lid on and turn heat down   
   to medium low  
   Simmer for 35 - 40 minutes   
   or until lentils are soft
8. You may thicken the soup to taste   
   with Corn starch.
9. Add a touch of water if you want to   
   adjust soup consistency. Season to   
   taste with salt and pepper.   
   Grate over the zest of the lemon   
   then add a squeeze of lemon juice   
   just before serving.!

**To Serve**

* Chopped fresh parsley, for garnish
* Warm bread, to serve