**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