

Long Life Lentil Soup

Ingredients (VEGAN, makes 16 servings)

3 tbsp olive oil
1 large onion, chopped small
3 cloves garlic, chopped very small
4 carrots, diced small
3 stalks celery, diced small
1 tsp salt
1 tsp pepper
1 tbsp dried basil
1 zucchini, diced small
20 green beans, cut half inch
3 kale leaves, no stem and chopped small
Handful snow peas, cut in half
1 cup French lentils
1 cup frozen corn
1 cup frozen peas
1 2-oz can organic tomato paste
1/4 cup Better Than Bouillon No Chicken Base plus
2 tbsp water
1 gal water

Preparation

Heat olive oil on medium heat, add onion, celery and carrot and soften for a couple minutes. Add garlic, salt and pepper. Add zucchini, green beans, kale and snow peas and cook a couple more minutes, until soft and smell good. Add tomato paste and basil, and stir about 2 minutes. Add water and turn heat to high. Add bouillon, lentils, peas and corn and bring to a boil. Reduce to a simmer and cook until lentils are done, about 30-40 minutes. Check for seasoning after 30 minutes and add salt and pepper as needed. Variation: Add a handful of rice in with the lentils.

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