



FENNEL, LENTIL, AND LEMON SOUP

INGREDIENTS

- ½ cup red lentils, rinsed and drained
- 3 cups water
- ¼ tsp sea salt
- ½ lemon with peel, thinly sliced
- 1 celery stalk, sliced
- 3 cloves garlic, minced
- ¼ bunch fresh cilantro, chopped
- 2 medium fennel bulbs, sliced
- ¼ tsp ground pepper
- 1 tbsp lemon juice

DIRECTIONS

1. Bring lentils in water with a pinch of salt to a boil over high heat. Once boiling, reduce to a low simmer and cook for 30 minutes or until soft.
2. While this mixture is cooking, sauté celery and garlic in water for 2 minutes or until tender. Add cilantro, fennel, salt, and pepper, then cook 2 more minutes.
3. Add this mixture to the lentils, stirring well. Cook for 20 minutes longer. Mix in lemon juice and slices and cook for 2-3 more minutes.
4. Season with salt and pepper to taste and garnish with cilantro.

