

HEARTY SPINACH AND LENTIL SOUP

INGREDIENTS

½ onion, diced
2 stalks celery, sliced
2 carrots, sliced
1 potato, cubed (peeled optional)
4 cups veggie broth
1 tsp curry powder
½ tsp garlic powder
½ tsp salt (optional)
1 cup red or brown lentils, rinsed
1 can diced tomatoes
large handful of spinach or other greens

DIRECTIONS

1. Sauté the onions in a stock pot in a little broth. After 3 min, add the celery, carrots, and potatoes and sauté another 5 min.
2. Add the remainder of the ingredients except the greens and simmer (low boil) until tender – about 20 min.
3. Add the greens and cook another minute, then serve!

