



Natural Life
Choices,™ Inc.

RED LENTIL SOUP



INGREDIENTS:

- » 1 cup of red lentils
- » 1 carrot
- » 4 cloves of garlic
- » 1 small chili paprika
- » 2 tablespoon of olive oil
- » 1 teaspoon sweet paprika
- » Bunch of flat leaf parsley
- » Salt and black pepper
- » 8 cups of vegetable stock



PREPARATION:

Wash lentils, peel carrots and shred. Cut chili paprika for small pieces. Warm up the olive oil in the cooking pan and then add carrots and fry for 2 minutes. After that, add the lentils, chili paprika, garlic, salt and sweet paprika, and fry for additional 2 minutes. Add the vegetable stock and cook for 15-20 minutes on medium heat or until carrots and lentils are tender. Blend everything. You can serve with chopped flat leaf parsley.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)