

## **Lentil Soup**

*Serves 5 to 6*

4 ½ -5 cups water or stock  
1 cup dry brown (green) lentils  
4 - 6 stalks celery (or 2-3 stalks broccoli), chopped  
2 carrots, sliced  
1 large onion, chopped  
1-2 cloves garlic, minced  
2 Tbsp butter or unrefined, cold-pressed oil  
2 Tbsp tamari soy sauce  
3 tsp parsley  
1 tsp each sea salt and vegetable broth powder  
½ tsp each basil, oregano, and thyme  
1/8 tsp cayenne pepper  
Several dashes sea kelp  
½ tsp dill weed (optional)

Sauté celery, onions, and garlic.

Bring the dry lentils, vegetables, and water or stock to a boil on high heat, then simmer for 1 hour on low heat or until the lentils are very tender. Add the remaining ingredients and simmer another 15-20 minutes, stirring occasionally. Serve hot and enjoy.

Keeps 7 days in the refrigerator or may be frozen for later use.