

GARY'S RED LENTIL SOUP

Vegan, No Wheat, Pareve, Sephardi Kosher for Passover
Serves 4-6

INGREDIENTS:

Step 1:

- 2 tsp Vegetable Oil
- 1 Onion, large, chopped
- 2 Celery Stalks, chopped
- 3/4 cup Split Red Lentils
- 1 can Diced Tomatoes
- 1 quart Vegetable Broth
- 2 tsp Dried herbes de Provence

Step 2:

- Salt and pepper
- Chopped Parsley
- Lemon or lime juice/slice

PROCEDURES:

Step 1:

- Drain tomatoes and save the juice.
- Heat oil in a large sauce pan.
- Add onion and celery and cook for 5 minutes on medium heat, stirring occasionally.
- Stir in lentils and cook for mixture for two minutes.
- Stir in tomatoes, vegetable broth, herbs.
- Cover, bring to a boil, and simmer on medium heat until lentils are cooked tender (about 20 minutes), stirring occasionally.

Step 2:

- Puree with food processor, blender, or wand until smooth. If necessary, allow soup to cool slightly for safe handling.
- (optionally) Add juice of tomatoes to taste, but don't overwhelm the flavor of the lentils and herbs.
- Add salt and pepper to taste.
- Add lemon or lime juice to taste or garnish with a slice.
- Serve piping hot with parsley garnish.

HERBES DE PROVENCE:

If you don't have this and can't find it, you can assemble it from scratch!

This blend of aromatic herbs and spices comes in many variations of ingredients and proportions.

This is my personal version:

Simply mix the following herbs in the proportions shown.

If you have a spice mill, reduce the bulky parts to powder.

(makes one large spice jar full):

- 1 Tbsp. dried basil
- 1 Tbsp. dried sweet marjoram
- 1 Tbsp. dried thyme
- 1 Tbsp. dried rosemary
- 1 Tbsp. powdered savory
- 1/2 Tbsp. dried oregano
- 1/2 Tbsp. dried sage leaves
- 1/2 Tbsp. dried lavender (optional)
- 2 tsp. dried mint (optional)