



INTENTIONAL SOUP

MAMA'S MAINE LENTIL VEGETABLE

- 1 Leek cut lengthwise and then into half moon shapes
- 1 Onion diced
- 3 (+) Garlic cloves minced
- 2 Celery stalks chopped
- 1 large Carrot thinly sliced into coin shape.
- 2 Red potato diced
- 1/2 Red pepper seeded and cut into medium strips
- 1 Yellow Squash or zucchini diced
- 1 Cup Green peas fresh or frozen or spinach greens
- 1.5 cup Brown/Green Lentils
- 1 14 oz can of diced tomatoes, (optional)
- 8 (+) Cups of cold water, vegetable broth or Chicken Broth
- 2 Bay leaves
- 1 teaspoon of dried Basil or a handful of chopped fresh basil
- 1 Teaspoon dried Oregano
- Olive Oil-Coat bottom of the pot
- Salt & Pepper to taste

Sauté leek and onion in olive oil until transparent. Add garlic &, stir. Here is a great place to add in your prayers and intentions. Think of the group you are cooking for, visualize peace, harmony and nourishment for those who will eat your soup.

Add celery to sauté, then carrot coins & potato, continue to stir for a few moments. Add yellow squash /zucchini and pepper. Stir.

Add in basil and oregano, stir. Add lentils and stir.

Cover the entire pot with cold water or stock, add extra if veggies and lentils are not covered.

The lentils will grow a bit so you want to make sure you have a sufficient amount of water.

Add bay leaves, cover and bring to a boil.

Once the pot has boiled add salt and can of tomatoes (if desired) then lower to a simmer. Cook soup covered for 20 minutes or until lentils have softened. Adjust water to lentil thickness you desire.

Once lentils are cooked add green peas. or chopped spinach.

Salt and pepper to taste.

SERVE WITH LOVE