

Christina Montano's Maine Mama Lentil Vegetable Soup

- 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
- 2 Yellow Squash small or 1 large diced
- 1 Cup Green peas fresh or frozen

- 1.5 cup Brown/Green Lentils
- 1 14 Oz can of diced tomatoes, (optional)

8 (+) Cups of cold water

- 3 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 all who eats from your soup pot.

Add celery to sauté, then carrot coins and potato and continue to stir for a few moments. Add yellow squash and pepper. Stir. Add in basil and oregano, stir. Add lentils and stir.

Cover the entire pot with cold water, add extra water 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. Let soup cook covered for 20 minutes or until lentils have softened. Adjust water to lentil thickness you desire.

Once lentils are cooked add green peas. Salt and pepper to taste.



SERVE WITH LOVE

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