



# Curried Lentil Soup

From dulcetcuisine.com

2 T olive oil  
1 onion, diced  
1 lg carrot, diced  
2 stalks celery, diced  
3 T Dulcet Madras Curry Cooking Spice  
8 c veggie stock  
1-28 oz can diced tomatoes

2 c lentils  
2 T fresh lemon juice  
Sea salt

1. Place soup pot over medium high heat, add the olive oil.
2. Add the onion and sauté for 2 minutes.
3. Add the carrot & celery and sauté for an additional 2 minutes.
4. Stir in the Dulcet Madras Curry Cooking Spice and cook for 1 minute, stirring constantly to prevent burning.
5. Add the veggie stock, tomatoes and lentils and bring to a boil.
6. Reduce heat to low and simmer uncovered for approximately 45 minutes or until lentils are tender.
7. Add lemon juice and season with salt.

Serves 6-8

Hint: For a thicker soup, take 2 cups of the soup and puree in blender, add back to soup.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_