

Potato & Red Lentil Soup

An easy, healthy and filling soup with a nice kick that will have you making it again and again.

Preparation Time: 5 min.

Cooking Time: 25 min.

Servings: 6 large

Amount	Ingredient	Cost - date:
4 tsp	Vegetable Oil	
2	Onion medium, diced	
8 cups	Water	
2	Vegetable Bouillon Cube, crushed	
2 cups	Dried Red Lentils, rinsed	
2	Potato medium, diced into 1 cm cubes	
2 Tbsp	Paprika Powder	
4 tsp	Onion Powder	
4 tsp	Garlic Powder	
4 tsp[Balsamic Vinegar	
1/8 tsp	Ground Black Pepper, or more to taste	
1 pinch	Salt, or more to taste	
Serve with:		
2 cups	Unsweetened Coconut Yogurt (optional)	
6 slices	Whole Wheat Bread, toasted (optional)	
Optional Toppings:	Fresh Parsley, Chili Flakes, Caramelized Onions	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. To a large pot on medium-high heat, add the oil. When hot, add the onion and sauté until golden, about 5 minutes.
2. Add in the remaining ingredients. Bring to a boil and then reduce to a simmer. Partially cover with a lid and cook for 15 minutes, or until the lentils and potatoes are cooked through.
3. Taste test, adding more salt and pepper if desired and add more water depending on how you like the consistency of your soup.
4. Serve with yogurt, bread, and any other desired toppings. Enjoy!

SOURCE: www.pickuplimes.com/recipe/turkish-red-lentil-soup-26

Storage: Store in an airtight container in the fridge for up to 4 days.
Store in the freezer for up to 2 months – label & date.

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!