

Moroccan Lentil Soup

Preparation Time: 15 min.

Cooking Time: ~40 min.

Servings: 8

Ingredients

Amount	Ingredient	Cost – date:
2	celery stalks	
2	carrots, peeled and diced	
1 or 2	onions, chopped	
4 cloves	garlic, minced	
2 Tbsp.	olive oil	
1 - 1½ teaspoons	Salt (do not add if stock has sodium)—add to taste	
1 teaspoon each	pepper, turmeric, ground cumin, cinnamon	
¼ teaspoon	ground ginger	
6 cups	water or stock (vegetable or chicken)	
1 can	Lentils (or can use dried lentils)	
1 can	mixed beans (black, or romano or chickpeas or...)	
1 can	crushed (or diced) tomatoes	
1 or 2	sweet potatoes, peeled and cubed (optional)	
Optional	fresh kale, spinach (thawed frozen or fresh)	

Preparation:

1. Sauté onions, garlic, and celery in olive oil until softened, about 5 minutes.
2. Add seasoning and spices; continue to cook 2 minutes, stirring often.
3. Add water, tomatoes, carrots and sweet potatoes (if using).
4. Drain and rinse lentils and beans. Add to soup mixture.
5. Simmer until vegetables are soft.

NOTES: Can add extra spices, if you enjoy things with more flavour.

So, whether you eat or drink, or whatever you do, do it all for the glory of God.

1 Corinthians 10:31

Connections Cafe recipe – October 28, 2021