

RECIPE

Slow Cooker Red Split Lentil Soup

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2 cups Red Split Lentils (soaked overnight)
8 Roma Tomatoes, hand-crushed or chopped (sub. 2 cans Fire-roasted Tomatoes)
4 Garlic Cloves, crushed (sub. 2 tsp crushed garlic - from jar)
2 Vegetable Boullions (sub 1 tsp Vegetable "Better Than Boullion" paste)
2 Tbsp Tomato Paste
3 Celery Stalks, diced
3 Carrots, diced
1 Onion, medium, diced
3 Tbsp ISW Vegetable & Snack Seasoning
1/2 tsp Crushed Red Pepper Flakes
2 Bay Leaves, whole

Slow Cooker Method:

Drain lentils and rinse thoroughly. To slow cooker stock pot, add lentils and all ingredients. Cover with water. Allow to cook on high for 4 hours. Adjust salt seasoning as needed.

Stove Top Method:

Bring to a rolling boil. Reduce heat and simmer 1 1/2 hours or until lentils and vegetables are tender. Drain lentils and rinse thoroughly. To slow cooker stock pot, add lentils and all ingredients. Cover with water. Allow to cook on high for 4 hours. Adjust salt seasoning as needed.

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