



SNIFFLE LENTIL SOUP

Ingredients:

- 1 Tbsp (15 mL) extra-virgin olive oil
- 1/2 cups (375 mL) onion diced
- 1 cup (250 mL) celery diced
- 3/4 cup (180 mL) carrots diced
- 3 large cloves garlic
- Minced 1/2 tsp (2 mL)
- Sea salt
- Ground black pepper to taste
- 3/4 to 1 tsp (4 to 5 mL) curry powder
- 1 tsp (5 mL) paprika
- 1/4 tsp (1 mL) dried thyme
- 2 cups (500 mL)
- Dry red lentils
- 3 cups (750 mL)
- Vegetable stock
- 4 to 4 1/2 cups (1 to 1.1 L) water
- 2 1/2 tsp (12 mL) fresh rosemary chopped
- 2 1/2 Tbsp (37 mL) apple cider vinegar



Instructions:

In large pot on medium heat, add oil, onion, celery, carrots, garlic, salt, pepper, and spices, and stir through. Cover and cook for 7 to 8 minutes, stirring occasionally. Rinse lentils, and add along with stock and water. Stir to combine. Increase heat to bring to a boil, then reduce heat to low, cover, and simmer for 12 to 15 minutes. Add rosemary and simmer another 10 minutes or until lentils are completely softened. Stir in vinegar; season with additional salt and pepper if desired.

Serves 6, recipe from: Eat, Drink & Be Vegan by Dreena Burton

