LENTIL VEGETABLE SOUP

By Heather McDougall

Serves 6
Preparation Time: 15 minutes
Cook Time: 2 hours

INGREDIENTS:

2 small onions, finely chopped

2 carrots, finely chopped

6 small white potatoes, finely chopped

1 16-ounce bag brown lentils

1 15.5-ounce can fire roasted tomatoes, diced

8 cups vegetable broth or water

1-2 cups finely chopped spinach

salt and pepper to taste

This lentil vegetable soup is a favorite of my boys and so easy to make. I think one of the reasons they like it, is because I chop all of the vegetables really small. And, like most of the soups I make, if you don't have an ingredient, such as carrot or spinach, leave it out or substitute another favorite ingredient.

From drmcdougall.com

Instructions:

Combine all ingredients, except the spinach, and cook on low for 2 hours. Add the spinach about 5 minutes before the soup is done. Season to taste with salt and pepper.

Find this recipe and more in the Forks Over Knives Recipe App.

https://www.youtube.com/watch?v=WytmPEwN82Y