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**Lentil Soup (6-8 servings)**

* Olive oil
* 3 cups dry lentils (brown or green)
* 7 cups water (you can also use chicken or veggie stock or a combination of stock and water)
* 4-6 cloves garlic
* 1-2 onions
* 3-4 stalks of celery
* 3-4 carrots
* 2 fresh tomatoes
* Salt and Pepper to taste
* Your favorite fresh or dried herbs (rosemary, thyme, basil, oregano, and/or red pepper flakes)
* Splash of apple cider vinegar or red wine vinegar

Rinse lentils and place in a large pot with the water and/or stock. And a dash of salt and your favorite herbs and bring to a boil. Lower heat and let simmer, partially covered for about 30 minutes. Mince garlic, dice onion, and slice carrots and celery. Sauté onions over medium heat in a bit of oil in a pan until they begin to soften and smell tasty. Add minced garlic, carrots, and celery. Let them cook until your timer goes off for the lentils. Stir often and turn the heat down if they start to get too brown. Meanwhile, roughly chop tomatoes. Once the veggies are soft and the lentils have been cooking for about 30 minutes, add the veggies to the pot with the lentils. Add tomatoes and a splash of vinegar. Taste and adjust salt and pepper.  Let simmer for a few more minutes and then serve.