



Curried Lentil Soup

Ingredients:

- 1½ cups **Fieldstone Organic Soup Mix**
- 2 T olive oil
- 2 carrots, peeled & finely chopped
- 3 chicken or vegetable bouillon cubes
- 2 ribs celery, finely chopped
- 1.5 – 2 cups tomato puree
- 1 medium onion, finely chopped
- 8 oz frozen spinach
- 2 cloves garlic, minced
- Salt and pepper to taste
- 2 T curry powder
- 1/8 tsp dried chili
- 5 cups water

Procedure:

In a large soup pot, heat the oil over medium-high heat. Add the carrots, celery and onion. Sauté until tender. Add the garlic and curry powder. Cook while stirring for 2 to 3 minutes.

Add 1 cup of the water and scrape the brown bits off the bottom of the pan. Add remaining water, lentils and bouillon. Place a cover on the pot leaving it slightly ajar and bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.

When lentils are tender, add the tomato and spinach. Simmer for about 10 more minutes. Season with salt and pepper.

