



Lentil Soup

It's that wonderful time of year when soups and stews are a welcome fare to warm us and fill us with contentment on a cold day. Here's a simple and delicious recipe that's great by itself or served with sausages and cheese on crusty sprouted sourdough bread or hearty sprouted crackers.

- 2 tablespoons lard or coconut oil
- 1 cup finely chopped onion
- 1 cup finely chopped carrot
- 1 cup finely chopped celery
- 2 teaspoons sea salt
- 1 pound sprouted lentils
- 1 cup chopped tomatoes (or 1 15oz. can organic diced tomatoes)
- 2 quarts chicken stock
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- Pinch of ground cloves (optional)
- ¼ cup chopped fresh parsley

Place lard or oil in a large Dutch oven and set over medium heat. Add the onion, carrot, celery, and salt. Stir until onions are translucent, about 5-7 minutes. Add lentils and rest of ingredients. Stir to blend. Bring soup to a boil. Reduce heat to low, cover, and simmer until lentils are tender, about 30-40 minutes. Serve chunky or puree with a stick blender. Garnish with chopped scallions and a dollop of fresh sour cream.