

Red Lentil Soup (Vegetarian) Makes 4-6 Servings

1 tsp paprika, 1 Tbsp. granulated onion, 2 tsp granulated garlic, ½ tsp ground black pepper, 1 tsp sugar, 2 tsp salt, 1/8-1/4 tsp cayenne pepper, 2 Tbsp. dried mint, 1 tsp vegetable powdered bullion, 1 can tomato sauce, 1 cup red lentils, 2 cups water

Put lentils and spices in your pot with tomato sauce and water. (You can use the empty can of tomato sauce to measure the water with.) Stir mixture and bring to a boil then lower the heat and simmer for 30 minutes. Stir occasionally to prevent the beans from sticking to the bottom. If it becomes too thick add more water. (NOTE: To heighten the flavor you can first gently cook spices and lentils in the pot with 2 Tbsp. oil for about 3 minutes before adding tomato sauce and water.)

Enjoy!