

Sara's Lentil Soup

From – Sara Eckert at *Healthy Harvest Farm*

¼ cup olive oil
1 onion, diced
3 cloves garlic, minced
2 carrots, diced
1 ½ tsp turmeric
1 tsp cumin
1 Tbsp fresh ginger, grated
2 cups diced tomatoes fresh or canned
1/3 cup dry French green lentils
½ – 1 tsp salt or to taste
4 cups vegetable broth
2 cups chopped cabbage or 4 cups chopped kale

- In a 4 quart sauce pan heat up oil.
- Add onion and garlic and saute for 5-10 minutes on medium heat.
- Add carrots and spices and saute for an addition 5 minutes stirring to prevent sticking.
- Add tomatoes, lentils, and broth. Bring to a boil and then reduce to a simmer for 20 minutes.
- Add cabbage or kale and simmer for another 30 minutes or longer making sure lentils and cabbage are cooked.
- NOTE: If using kale feel free to add it later in the cooking process since it doesn't take long to cook.



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