

Simple Lentil Soup

2 tablespoons Olive Oil

1 small Onion chopped (about 1 cup)

4 Carrots peeled and cut in rounds (about 2 cups)

8 cloves Garlic - chopped or minced (I use a food processor)

8 cups Water

1 can Petite Diced Tomatoes (Hunts is my favorite)

1 cup dry Lentils - picked over and rinsed

¾ cup dry Barely - picked over and rinsed (brown rice is good too)

1 tablespoon Salt (I know that's a lot but hey, look what we're eating)

In a large pot:

Sauté onions and carrots in 2 tablespoons oil until the onions are soft (4 min)

Add garlic to onions and carrots and sauté another minute.

Add: 8 cups water

1 can petite diced tomatoes

1 cup dry lentils - picked over and rinsed

¾ cup Barley - picked over and rinsed

1 tablespoon salt

Bring to a boil, reduce heat, cover and simmer for 1 hour.