

Lentil and Brown Rice Soup

15 minute prep time – 1 hour cook time

5 cups of Organic-low sodium Chicken Broth (Pacific brand is good)

3 cups of water, or more

1 ½ cups lentils, picked over and rinsed

1 cup brown rice

1 16 oz. can chopped tomatoes with juice

3 carrots, halved lengthwise and cut into ¼ inch pieces

1 large onion, chopped

1 stalk of celery, chopped

3 garlic cloves, minced

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon dried thyme

1 Bay leaf

½ cup minced parsley

2 Tablespoons cider vinegar

1 teaspoon sea salt

Fresh ground pepper to taste

1. In large Dutch oven or soup pot, combine broth, water, lentils, rice, tomatoes, carrots, onion, celery, garlic, basil, oregano, thyme and bay leaf. Bring the soup to a boil, reduce heat, cover pan and simmer for 45 minutes or until rice and lentils are tender. Remove and discard bay leaf.
2. Stir in parsley, vinegar, salt and pepper. If necessary, thin the soup with additional hot water.