



When my children were small and not too impressed with vegetables, I would purée the entire pot. They loved this soup with a dollop of yogurt or sour cream and big slices of whole grain bread.

## Ingredients

- 6 cups (1.5L) vegetable stock
- 1 bay leaf
- 2½ cups (625 mL) raw lentils
- 2 cups (500 mL) chopped carrots
- 1½ cups (375 mL) chopped onions
- 1 cup (250 mL) chopped celery
- 6 garlic cloves, crushed
- 1 cup (250 mL) diced potato or yams
- 1 tsp (5 mL) cumin
- ½ tsp (2 mL) oregano black pepper to taste

- 2 cups (500 mL) diced fresh tomatoes
- ¼ cup (60 mL) red wine
- ¼ cup (60 mL) Omega Essential Balance Oil or Udo's Choice Ultimate Oil Blend
- ½ cup (125 mL) chopped parsley
- ½ cup (125 mL) minced green onions and parsley for garnish

## Ingredients

1. Simmer vegetable stock, bay leaf, and lentils for four to five hours.
2. In a separate pan sauté carrots, onions, celery, garlic, potato, and herbs and spices.
3. Add to lentil mixture and simmer for 15 minutes.
4. Add tomatoes and red wine and simmer until vegetables are cooked to desired tenderness. Remove bay leaf before serving. The longer this soup simmers, the better.
5. Remove from heat and stir in Omega Essential Blend Oil.
6. Garnish with chopped parsley and green onions.

Makes 6 servings.