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**LENTIL SOUP**

Perfect for a cold day this satisfying soup is a great way of using up fresh spinach rather than a cold smoothie.  
​For better digestibility, soak lentils overnight with 1 tablespoon of apple cider vinegar and water.

**Ingredients:**  
1 T. olive oil or coconut oil  
2 onions, chopped  
6 garlic cloves, minced  
2 Tbs. chopped fresh rosemary  
​1 bay leaf  
2 tsp. cayenne pepper flakes  
​1 14 oz. can chopped tomatoes  
​1/4 cup tomato paste  
​12 cups of purified water  
​4 organic vegetable cubes  
​1 cup dried lentils, soaked, rinsed  
​4 cups lightly packed fresh spinach leaves  
1/2 cup fresh chopped parsley  
​2 1/2 tsp. sea salt  
1/2 tsp. black pepper

**Directions:**

1. Heat oil in a large stockpot.
2. Add onions and cook until translucent.
3. Stir in garlic, rosemary, bay leaf, and pepper flakes and cook until fragrant.
4. Add tomatoes, tomato paste, water, vegetable cubes, and lentils.
5. Cover and simmer for 25 minutes or until the lentils are tender.
6. Stir in spinach, parsley, salt and pepper and simmer for 3 more minutes or until the spinach wilts.
7. Discard the bay leaf and season to taste with additional salt and pepper, if desired.
8. Serve in bowls.

​\*\* Let it cool down and freeze in glass bowls.  Keeps well frozen. Just take out a container in the morning and it will be thawed out by lunch. Serve with a salad for a complete meal.