

EDEN LENTIL SOUP

Directions

Heat oil in a soup pot, and sauté garlic for one minute. Add lentils, tomatoes, oregano, red pepper, celery, carrots, and potatoes. Cover, and bring to a boil. Add sea salt to taste, cover, and reduce the flame to medium-low. Simmer for 15 minutes.

Variation: For a heartier soup, add ¼ cup **EDEN Kamut Elbows** the last 7 to 10 minutes

Ingredients

- 1 Tbsp **EDEN Extra Virgin Olive Oil**
- 1 clove garlic, minced
- 1 - 15 oz. can **EDEN Lentils with Onion & Bay Leaf**, do not drain
- 8 ounces **EDEN Crushed Tomatoes**
- 1 cup fresh organic tomatoes, diced
- ¼ cup celery, diced
- ¼ cup carrots, diced
- ¼ cup organic potatoes, diced
- ½ tsp **EDEN Dried Oregano**
- ⅛ tsp **EDEN Hot Crushed Red Pepper Flakes**
- ½ tsp **EDEN Sea Salt**



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