

Canada's Best Lentil Soup Recipe!

Over 3 Million bowls sold!

Ingredients!

2 cups(16oz) lentil beans
1 medium white onion (chopped)
1 carrot (chopped)
2 celery sticks (chopped)
4 cloves of garlic (chopped or crushed)
3 bay leaves
1 tbsp. sea salt (to your liking)
1 tbsp. fresh dill (chopped or dry)
2 cups diced tomatoes
2 cups tomato juice
9 cups turkey stock
2-3 oz. extra virgin olive oil
2 twigs Italian parsley (chopped)
3 oz. tomato paste
½ tbsp. pepper
2 medium peeled potatoes



Directions

1. In large soup pot add the olive oil, onions, garlic, carrots and celery. Saute until vegetables are almost tender
2. Add the diced tomatoes, grated potatoes, tomato juice, bay leaves, salt, fresh dill, parsley, lentils and the stock
3. Bring to a boil stirring occasionally until the lentils are soft, reduce heat and simmer.
4. Enjoy!