

Lentil Rice Soup

This meaty mixture makes an outstanding, wholesome main course when complemented with fresh bread and a leafy green salad. It can also be frozen and reheated with good results.

- 1 small organic onion, finely chopped
- 2 or 3 cloves organic garlic, minced
- 2 stalks organic celery, cubed
- 1 large organic carrot, cubed
- 2 tablespoons organic olive oil
- 2 cups (1 pound) organic lentils
- 1 16-ounce can organic whole tomatoes, chopped
- 3 teaspoons salt or salt substitute
- 1/4 teaspoon pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 cup organic brown rice

In large soup kettle, sauté onions, garlic, celery, and carrot in oil.

Add 8 cups of water and lentils. Bring to a boil, cover and lower heat.

Simmer gently for 1 hour.

Stir in tomatoes, salt, spices and 1 1/2 cups water.

Cover and continue simmering for 20 to 30 minutes.

Add rice and cook another 20 to 30 minutes or until done.

Remove from heat and let cool a bit before serving. Makes 8 to 10 cups.