

Red Lentil Soup

Talena Winters ©2011

1 tbsp. butter

1 tbsp. extra virgin olive oil

1 large onion, chopped

2 cloves garlic, peeled and minced

2-3 medium carrots, chopped fine

6 c. homemade chicken or turkey stock

1 14-oz can stewed tomatoes, blended (in blender)

1 tsp. dried thyme

1 bay leaf

$\frac{3}{4}$ cup red lentils

$\frac{1}{2}$ c. uncooked brown rice (or, for fast version, 2 c. cooked)

1 tsp. sea salt

Pinch of dried red chilies

Dollop of crème fraiche or cottage cheese, to serve

Crock Pot:

Melt the butter and olive oil together in a medium frying pan. Add the onion and garlic and fry gently until the onions are limp but not brown. Add carrot and cook for about 3 minutes. Transfer mixture to crockpot and add remaining ingredients (except crème fraiche). Cover with lid and cook on high for 5 – 7 hours or overnight.

Stovetop (in case you are in a hurry):

Prepare as above, except use a large saucepan instead of a frying pan. After softening carrots, simply add remaining ingredients except crème fraiche (be sure to use cooked rice), and simmer on medium-low for about 30-40 minutes, or until lentils are cooked.

Serve with a dollop of crème fraiche or sour cream in each bowl.