

Lentil/Rice Soup

Courtesy of Men of Faith Soup Crew

NOTE: This recipe is a good example of “cook to taste” as a way of preparing foods. I have listed the ingredients, with some ideas about the balance of the ingredients with each other. I have also offered alternative ingredients for your consideration.

With the right ingredients, this soup can be a healthy meal in itself. But with fruits and vegetables on the side, it makes a wholesome and complete supper/lunch. Easily cooked in a crock pot, the recipe (here provided as if for two people) can be adjusted to feed many people!

Ingredients

- Green lentils, 1 bag
- Organic chicken or vegetable stock, as per lentil package directions.
- Trader Joe’s Chunky Mild Tomato Salsa (1/2 jar)
- Sausage of your choice, 1 large link per person. (Apple/Gouda non-GMO was served at Faith Lutheran’s Soup Supper, but any sausage – the healthier the better – will do.) I prefer something with a little smokey flavor in it. Ground lamb (1/2 pound) would also season the soup wonderfully.
- Onion, ½
- Carrots, 2-3
- Brown, Basmati or wild rice ½ cup before cooking

Directions

1. Wash and sort the lentils and rice.
2. Cook the rice per the bag’s instructions. Set aside.
3. Cook the lentils in the chicken or veggie broth.
4. Chop/dice the onions, carrots and sausage.
5. Combine all ingredients and simmer for several hours (or let stand in refrigerator overnight for reheating). Stir often.
6. As the soup simmers, check to see if/when you might need to add more liquid (water or stock). The longer the simmer, the thicker the soup and the more the flavors blend—especially the sausage and salsa.

Comments

1. NO ADDED SALT NEEDED – there will be enough in the stock, the salsa and the sausage.
2. This recipe keeps well in a refrigerator or freezer.
3. Variations include added garlic or garlic powder, celery or pepper.
4. You can always make your own chicken or veggie stock!
5. If using ground lamb as the meat, brown the lamb first, and drain the fat.