

Anna's Crock-Pot Veggie Soup
(With either Garbanzo Beans (Chick Peas) or Lentils)

Submitted by Anna Leros

Ingredients:

Part I:

1-2 cups dry Lentils/or Chick Peas

- rinse out Lentils twice to clean them and strain off water

- soak Chick Peas in cold water for about 6 hours with teaspoon of Bicarbonate of Soda in the water. Rinse off afterwards.

Part II:

Veggies – (chopped into small chunks)

Carrots , broccoli, zucchini, spinach, celery, yellow squash – (whatever veggies you may have in your refrigerator at the time works just as well).

Part III:

Add spices & stock:

Black pepper, sea salt, marjoram, oregano, garlic, bay leaf

Add in 1-2 cans liquid vegetable stock (or vegetable cubes).

Directions:

Put everything into large Crock-Pot and top up with water to cover all ingredients. Before you leave for work in the morning, turn Crock-Pot on to "Auto" and then *don't even think about it until you come home to a delicious yummy aroma coming from the kitchen* – check that all veggies and ChickPeas/Lentils are done to your preference. Serve with hot rolls/or warm toast! Yummy!

Same Soup with Tomato Base Variation

Add in 1-2 cans of Campbell's concentrate tomato soup. Top up with less water when using tomato-base soup. Use same spices/stock 'n all as above.

“Having Christ as ally and armed with the weapons of Faith, Love and Humble-mindedness and of the Precious Cross, we will defeat the invisible and visible enemies...If we wish our salvation; we will find it only in repentance and in our return to God, from whom we departed. If we truly repent, like the Ninevites, we will also be saved, if we don't repent, we will be sent to perdition.” *Elder Joseph the Hesychast*