

Anna's Lentils & Veggie Soup with Coconut – (Lenten or not...)

Submitted by Anna Leros

1-2 cups dry Lentils - rinse out twice to clean them and strain off water

Veggies - chopped into small chunks -or- grated into strips (julienne)
Carrots, broccoli, zucchini, mushrooms, celery

Add spices:

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

Add in Olive oil (about 1-2 tablespoons) – for the strict fast oil is not used.
Add in coconut creme (I get this from the Farmers Mkt - not sure of its brand-name now, its in a small box container and the coconut is a solid block, (not liquid) - you may find this on the Mexican foods aisle, too

Method:

Put everything into large pot and top up with water to cover all veggies/lentils.

Bring to a boil and then turn down temperature and cook on medium-high heat until all veggies and lentils are done to your preference.

Serve with hot rolls/or warm toast! Yummy!

Lentils & Veggie Soup with Tomato Base Variation

Add in a can of crushed tomatoes (or two, depending on the volume you are preparing) instead of coconut,
One can of Campbell's concentrate tomato soup
Top up with less water when using tomato-base soup
Use same spices 'n all as above.

Serve with hot rolls/or warm toast! Yummy!

“Let all who wish to struggle for the prize now enter, girding themselves for the noble contest of the Fast; for those that strive lawfully are justly crowned.”(Sunday of Forgiveness Matins)