

# Garden Lentil Soup



1.

- 1 Tablespoon **Oil**
- 1 Medium **Onion**, chopped
- 1 Large **Carrot**, diced (optional)
- 1 can (540 ml) **Diced Tomatoes**

Heat large pot to medium heat, add oil, onion and carrot cook until soft 2-3 minutes. Then add tomatoes cook 1-2 more minutes stirring.

2.

Add:

- 1 cup green or red **lentils**
- 6 Cups **water**
- 1/2 cup **brown rice** uncooked or 2 cups whole wheat pasta of your choice (if using pasta add to pot 15 min after lentils)

Increase heat to high and bring to a boil. Reduce heat to medium-low and simmer for 30 minutes or until lentils and rice are soft.

3.

Then add:

- 1 can (284 ml) **Peas or corn**, drained OR 1 cup frozen
- 1 teaspoon **Oregano** (dried)
- 1 teaspoon **Basil** (dried)
- salt and pepper** to taste



Healthy Bannock



Simmer for another 5 minutes or until hot. Serve with whole wheat buns or bannock. Enjoy!

**Serves 8-10 Total Cost \$ 3.50 (.40 cents per bowl)**