

Gaye's Quick Potato Lentil Soup

From The Canadian Living Test Kitchen

Gaye says, "I often add cooked chicken to this soup which turns it into a filling meal. Serve with a nice green lettuce or spinach salad."

Ingredients:

1 tbsp vegetable oil
1 onion chopped
2 potatoes, peeled and chopped (I often substitute with 1 large sweet potato)
1 stalk celery, chopped (I use 1 ½ to 2 stalks)
1 cup red lentils
1 clove garlic, minced
1 tsp dried thyme
½ tsp each salt and pepper
¼ tsp ground cumin (I use a little more)
Pinch cayenne pepper
4 cups vegetable stock
1 tbsp chopped fresh parsley

Directions:

In a large saucepan, heat oil over medium heat, cook onion, potatoes, celery, lentils, garlic, thyme, salt, pepper, cumin and cayenne pepper, stirring often, until onion is softened, about 5 minutes.

Add stock, bring to boil. Reduce heat to low, simmer until potatoes and lentils are tender, about 20 minutes. Serve sprinkled with parsley.