

Lentil Soup
Rosemary Hoplamazian

4 Cups	Water
1 Lb	Lentils (half green/half orange)
2 Tbl	Olive Oil
1 Lg	Onion (finely chopped)
3	Carrots (grated)
3	Celery Ribs (finely sliced)
4	Bay Leaves
1 Tbl	Mint (finely pulverized)
4 oz	Rice (may use bulgher or small pasta)
46 ozs	Water or Chicken Broth
	Salt, Pepper, Lemon, Thyme to taste
8 oz	Kitchen ready tomatoes

1. Rinse Lentils in cold water. Combine water and lentils in 4-quart pot.
2. Bring lentils to boil and reduce to simmer for about 30 minutes until lentils are tender.
3. Sauté' onions in olive oil until tender. Not necessary to brown.
4. Add onions, carrots, celery, bay leaves, mint, rice and seasonings to cooking lentils and water. Combine well. Then, begin to add either large can chicken broth (46 ozs) or equal amount of water to mixture. Add in tomatoes.
5. Bring to boil and simmer another 30 minutes until rice, lentils and veggies are all tender.
6. Add more broth or water at this point if too thick.
7. Note: Before adding more broth in Step 6, you can let the mixture cool and it will be quite thick. At this point, you can freeze portions to reconstitute later. When defrosted, then you can add water to achieve desired consistency.
8. Note: My mother used alphabet pasta to entice the grandchildren to eat "alphabet soup". It sounded more interesting to them than "Vospov About"