

Lentil and Vegetable Soup

3 tablespoons oil
1 large onion, chopped
1-2 teaspoons garlic (minced)
½ teaspoon dried thyme
2 large carrots, coarsely grated
1 cup red lentils
6 cups vegetable stock
½ cup chopped parsley
1 bay leaf
2 cups shredded cabbage
1 Small Can tomato paste
1 teaspoon salt
½ teaspoon Truvia / Sugar
1 Tablespoon Worcestershire sauce
1-teaspoon basil (Trader Joe's)



This is a nourishing, speedy and meatless soup. Low in cost, it is a meal in itself served with whole wheat bread and cheese and perfect for Sunday suppers. It is important to use red lentils, which cook to a mush very quickly. They need not be soaked, simply rinsed in a strainer.

Heat the oil in a large saucepan and add onion, garlic, thyme and carrots. Stir-fry for a few minutes and then add remaining ingredients. Bring to a boil, then cover and simmer for 20 minutes, stirring once or twice. For best flavor, allow cooling and then reheating before serving. Remove bay leaf and adjust seasoning. Serve with 1 teaspoon of basil pesto stirred into each serving. Serves 6