

# Hearty Red Lentil Soup

## Ingredients:

Vegetable oil	1 Tablespoon
Onion, chopped	1
Carrots, chopped	2
Celery stalks, chopped	2
Split red lentils (dried)	2 cups
Pot barley	1/3 cup
Water	8 cups
Garlic powder	1 teaspoon (or 2 cloves garlic, finely chopped)
Salt	1 teaspoon
Pepper	¼ teaspoon
Cayenne pepper	¼ teaspoon
Oregano	¼ teaspoon
Diced tomatoes	1 can (796 mL)



## Directions:

1. In a large pot over medium heat add oil, onion, carrots and celery. Cook for about 3-5 minutes, until vegetables are soft.
2. Add in lentils, barley and water. Bring to a boil, then reduce heat to low and cook for 30 minutes, or until lentils and barley are soft.
3. Add garlic powder, salt, pepper, cayenne pepper, oregano and diced tomatoes to the pot and bring to a boil. Reduce heat to low and stir occasionally until vegetables are tender and soup has thickened.
4. Serve and enjoy!

## Serves 8

Did you know...Lentils are a great source of protein, fibre and iron. There are many different types of lentils. Dried red lentils cook quickly compared to other types.