

# Wild Rice & Lentil Soup

## Ingredients:

Water	8 cups
Orzo pasta, dry	¼ cup
Red lentils, dry	¼ cup
Wild rice, dry	¼ cup
Pot Barley, dry	¼ cup
Green split peas, dry	¼ cup
Dehydrated vegetable mix	½ cup
Salt	2 teaspoons
Pepper	½ teaspoon
Oregano	1 teaspoon
Basil	1 teaspoon
Thyme	1 teaspoon
Parsley	1 teaspoon
Garlic powder	2 teaspoons
Onion powder	1 Tablespoon
Diced tomatoes	1 can (796 mL)



## Instructions:

1. Pour all ingredients, except tomatoes, into a large pot and bring to a boil.
2. Reduce heat to medium-low and cover. Simmer for 1 hour. Stir occasionally so ingredients do not stick to bottom of pot.
3. Stir in diced tomatoes and heat for 5 minutes. Serve.

## Serves 10

### Tips:

- Buy dehydrated vegetable mix at bulk food stores, or use fresh chopped onion, carrot and celery instead
- Add leftover meat or vegetables in your fridge
- Try a different type of pasta instead of the orzo pasta, such as macaroni, rotini or small shells

