



## Wholesome Lentil Soup

### INGREDIENTS:

- 1 cup of lentils, picked over and rinsed
- 1 tbsp of extra-virgin olive oil
- 1 small onion, chopped
- 2 tsp of chopped garlic
- 1 cup of carrots, chopped
- 1 cup of sweet potato, chopped
- 1 (28-ounce) can crushed-tomatoes
- 1 cup of water
- 3 cups of vegetable broth
- 1 tsp of sea salt
- Salt, pepper, and crushed red pepper to taste

### Directions:

Heat oil in soup pot over medium heat, and then add onion and sauté until tender, about 3 minutes. Stir in sweet potatoes, carrots, and tomatoes and cook for another 10 minutes.

Add water, broth, lentils and spices and bring to boil. Once water is boiling, lower heat and simmer until lentils are tender and soup thickens.

Serve with brown rice pasta or alone.

Enjoy!

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