

Lentil and Potato Soup serves 10-12

- 1-3 TBS. Olive or Coconut Oil
- 1 large onion fine diced
- 1 cup fine diced celery
- 1 ½ cups coarse shredded carrot
- 8 oz mushrooms -- any variety ---coarse chop
- 4-6 cloves of garlic...peeled...fine chop
- 2 teaspoon cumin
- ½ cup red wine
- 2-3 TBS. Braggs Amino Acids
- 28 oz can organic diced tomatoes
- 1 lb. green lentils...rinsed
- 1 lb. red potatoes..washed...skin on.... Lg. Dice
- ¼ cup balsamic vinegar
- 4 quarts homemade vegetable or mushroom stock
- 2-3 Bay leaves
- Salt and Pepper to taste
- Pinch cayenne pepper (optional)

Preparation:

Rinse and set aside lentils.

Scrub potatoes and dice.

In a large soup pot, heat oil over medium heat and sauté onions until soft.

Add cumin then add carrot, celery, mushrooms cooking until slightly browned.

Add garlic and sauté 2 minutes. Deglaze pot with red wine and reduce by ½.

Add Braggs Aminos, tomatoes, lentils, bay leaves then add stock.

Cover soup and simmer gently over low heat, stirring occasionally. When lentils are very tender, add potatoes and continue simmering until lentils are soft and potatoes are $\frac{3}{4}$ cooked.

Add balsamic vinegar and continue to cook for about 15-10 minutes or so.

Serve with green salad and bread.

Recipe can be easily doubled.