

# Red Lentil Vegetable Soup

This hearty soup is a great staple- it's easy to make and the yield is high. It's especially good with farm-fresh organic vegetables.

## **Ingredients:**

- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 small onion, diced
- 2-3 carrots, diced
- 1 zucchini, quartered lengthwise and cut into ½ inch slices
- 1 yellow squash, quartered lengthwise and cut into ½ inch slices
- 4-6 cloves garlic, minced
- 8 cups low sodium vegetable broth
- 2 cups red lentils
- 1 tsp dried marjoram
- 1 tsp dried thyme
- ¼ tsp cayenne powder
- Salt and pepper to taste
- 1 ½ Tbsp low sodium tamari or soy sauce
- 1 Tbsp apple cider vinegar
- 2 14.5oz. cans low-sodium diced tomatoes
- 1 7oz. bag fresh spinach

## **Instructions:**

1. Heat an 8 quart pot over medium heat.
2. Add the peppers and onions (and any liquid using to sauté), and stir occasionally for a few minutes.
3. Add zucchini, yellow squash, carrots, garlic, marjoram, thyme, cayenne, salt, and pepper, and stir occasionally for a few minutes.
4. Stir in vegetable broth, lentils, apple cider vinegar, and tamari. Increase heat to high, bring to a boil then reduce to a simmer. Cook until the lentils are tender, about 40 minutes.
5. Add spinach and tomatoes, and cover until the spinach has wilted. Enjoy!

