

Lentil Soup with Lime Juice

Ingredients

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| 1 Tablespoon vegetable oil | 3 bay leaves |
| 1 medium onion , chopped | 1 can (4 ounces) mild green chiles , drained and chopped |
| 1 pound dried lentils , rinsed | 1 red bell pepper , finely chopped |
| 8 cups cold water | 1 carrot , finely chopped |
| 1 teaspoon salt | $\frac{1}{3}$ cup lime juice or to taste (or 1 Tablespoon lemon juice) |
| $\frac{1}{2}$ teaspoon pepper | |
| $\frac{1}{2}$ teaspoon cumin | |
| 1 teaspoon thyme or oregano | |

Instructions

1. Wash hands with soap and water.
2. In a large saucepan, sauté the onion in vegetable oil over medium high heat (350 degrees F in an electric skillet).
3. Add lentils, water, salt, pepper, cumin, thyme and bay leaves. Bring to a boil. Lower the heat to medium low (250 degrees F in an electric skillet). Cover and simmer for 30 minutes, stirring a few times while it cooks.
4. Add the green chiles, bell pepper and carrot. Simmer 15 minutes or until the lentils are very soft.
5. Before serving, remove and discard the bay leaves and stir in the lime juice. Serve hot.
6. Refrigerate leftovers within 2 hours.

Notes

Try topping soup with plain yogurt or sour cream and chopped tomatoes.

This soup is also good if a potato, another carrot, and celery are added.

Freeze extra lime juice to use later.

