

## Recipe

### Lentil and Vegetable Soup

## By

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## Ingredients

- 1 C lentils
- 1 Tsp olive oil
- ½ Tsp yellow asafetida powder
- ¼ Tsp ground black pepper
- 2 Tsp dried celery
- 2 C chopped tomatoes
- 1 C chopped carrots
- 1 C green beans, cut in 1 inch lengths
- 6 C water
- 1 ½ Tsp salt

## Preparation

1. Wash and drain the lentils.
2. Heat the olive oil in a saucepan over moderate heat; add asafetida, black pepper and celery. Stir fry for 30 seconds. Add all the vegetables and sauté for 1 minute.
3. Add the lentils. Stir in the water and salt. Cook until the lentils break down and become soft. Serve hot. (alternately you can pressurize the soup with 4½ C of water)

\*\* If you desire a thicker soup, blend 1/3 of the soup ingredient in a blender until smooth and add to the simmering soup.

**Serves:** 4-6

**For further details please contact**

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Hare Rama Hare Rama Rama Rama Hare Hare**