



## SIMPLE GINGER LENTIL SOUP



**Prep Time:** 30

**Cook Time:** 30

**Serves:** 6-8

**Directions:**



1. Soak rice and lentils for 15 minutes, rinse and wash well.
2. Cook lentils in 4 cups of filtered water on a medium simmer with kombu for 15-20 minutes until lentils are cooked well. You should be able to mash them between your fingers
3. Cook rice with 1 3/4 cup of water on a low simmer for 7 minutes.
4. While your lentils and rice are cooking, dice and prep all your veggies.
5. In a large soup pot, sauté onion, ginger, celery and carrots in oil for 5 minutes
6. Add veggie broth, green beans, tomatoes, pepper, salt, parsley and simmer on low for 20 min
7. Add cooked lentils and rice, and fold in chopped kale to wilt.
8. Ladle the soup in bowls and serve! Enjoy!

**Ingredients:**

2 tbsp ghee or olive oil

1 cup of diced onion

2 cups of diced carrots

1 cup of diced celery

1 cup of fresh parsley, chopped

2.5 cups of diced tomatoes or 1 15oz can

1 cup cut green beans

1 cup chopped kale

6 cups veggie broth

1 strip of kombu seaweed

1 tsp salt

½ tsp pepper

1 cup brown lentils (cooked separately, in advance)

1 cup basmati rice (cooked separately, in advance)

This is a simple and easy vegetable and lentil soup for vitality during the fall and winter months. It's



balancing for all doshas and warm and nourishing!