**Lentil Soup**

3 TBS oil (Olive oil)

1 Onion

2 cloves of garlic minced or crushed

3 Tbs of fresh grated ginger

4-5 celery stalks

4-5 med-lg Carrots

10 cups of water

4 McCormack’s Chicken stock cubes

1.5 cups of red lentils (more for a thicker soup)

Spices: cumin, rosemary, oregano, poultry seasoning

Additions:

* this soup can be made into a thick stew by adding more lentils and small cubes of potato and bacon bits.
* Thinly sliced leeks for more flavour and nutrition
* For a spicy kick of flavour chili flakes or cayenne and chili powder.
* Break Kale into small bites, add to bowl and pour hot soup over top. Let sit for 2 minutes and eat

**Directions:**

Add oil to heated soup pot, add onions until tender 3-4 min

Add garlic and ginger 2 min

Add carrots and celery 4-5 min

Add water and chicken stock cubes, bring to boil.

Add lentils and seasoning allow to cook at boiling for approx. 20 minutes