

Lentil Vegetable Soup



A Taste of *The Café* AT THE FRICK

Serves: Yields 15 servings

Prep Time: 40 minutes

Cook Time: 30 minutes

Ingredients

Three ribs of celery chopped
One medium onion chopped
Three cloves of garlic grated
Half a cup of beluga lentils rinsed
One large russet potato diced
One cup of chopped beets diced
Thirty two ounces of tomatoes chopped
Sixty four ounces of vegetable stock
Two cups of arugula
One bunch of parsley chopped
Salt and pepper to taste

Procedure

In a stock pot sweat out the celery, onions, garlic, then add the lentils, potatoes, beets, tomatoes, and stock. Simmer for 30 min, and then add in the arugula, parsley, and salt and pepper to taste.
Bon Appetit!