



DINNER FOR YOU PERSONAL CHEF SERVICE
Jasper's answer to "What's for Dinner?"

Lemony Lentil Soup

(Adapted from the Whitewater Cooks cookbook)

2 cups red lentils (they actually look orange)

2 T oil

1 medium onion, diced

2 t salt

4 cloves garlic, minced

3 carrots, diced

1 t black pepper

2 bay leaves

8 cups vegetable or chicken stock

2 T fresh chopped basil or 1 T store bought pesto

2 t lemon zest

Juice of 2 lemons

1 cup of chopped cooked ham (optional)

Rinse lentils in a wire sieve and set aside to drain.

Heat oil in a large pot on medium heat and add sweat onions until translucent while stirring.

Add carrots, garlic, salt, pepper and bay leaves. Stir well.

Cook 5 minutes. Add stock and lentils and bring to a boil.

Reduce heat and simmer for about 30- 40 minutes or until lentils are soft.

Remove bay leaves. Add lemon zest, juice and pesto or basil and ham. Adjust seasoning with extra salt and pepper and a few dashes of hot pepper sauce.