



FORKS OVER KNIVES®

Lentil Vegetable Soup | by Heather McDougall

Serves 4-6



- 2 small onions, finely chopped
- 2 carrots, finely chopped
- 6 small white potatoes, finely chopped
- 1 16-ounce bag brown lentils
- 1 15.5-ounce can fire roasted tomatoes, diced
- 8 cups vegetable broth or water
- 1-2 cups finely chopped spinach
- salt and pepper to taste

Instructions:

Combine all ingredients, except the spinach, and cook on low for 2 hours. Add the spinach about 5 minutes before the soup is done. Season to taste with salt and pepper.