



Makes 3 servings
Cook Time: 35 minutes

INGREDIENTS:

1 cup red split lentils, dry
1/4 cup parboiled brown rice
1 cup corn
2 teaspoons vegetable bouillon
1 teaspoon smoked paprika
cayenne pepper, to taste
sea salt, to taste
1 medium tomato
¾ cups fresh cilantro, chopped
½ small avocado, cut into cubes
6 slices whole-grain bread

Spicy Red Lentil Soup

This spicy lentil soup recipe is of my favorite soups and is easy to make. My wish is for you to have fun and enjoy this lifestyle, and eating delicious meals is part of the process. Enjoy!

Note: If you can't find parboiled brown rice, you can use regular brown rice and add 20 minutes to the cooking time.

By Torre Washington

- 1 Bring 5 cups water to a boil in a medium soup pot, and immediately add the parboiled rice, lentils, corn, bouillon, smoked paprika, cayenne, and sea salt.
- 2 Dice the tomato and add it to the soup. Cook over a medium-low flame for 30 minutes, semi-covered.
- 3 Taste for any seasonings adjustments and serve with cilantro, avocado cubes, and 2 slices of toast.