

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Red Lentil Soup

- 1 medium white onion
- 2 large carrots
- 2 large ribs of celery
- 2 cups red lentils rinsed
- 2 quarts water
- 2 teas dried parsley or 1 Tbls. fresh
- Salt and pepper to taste



Chop the onion, carrots and celery fine and place in a crock pot. Add lentils and water and put your crock pot on low. Cook for 2-4 hours. The lentils are delicate and will fall apart making the soup creamy. Add the parsley, salt and pepper to taste just before serving.