Hospitality-pot lentil soup

ALL AGES HELPING / 45 MINUTES

HEBREWS 13:2

Gather

- [ ] 2 tablespoons olive oil
- [ ] 1 diced onion
- [ ] 2 sliced carrots
- [ ] 2 sliced celery stalks
- [ ] 3 minced garlic cloves
- [ ] 1 1/2 cups brown or green lentils
- [ ] 1 can diced tomatoes
- [ ] 6 cups vegetable or chicken broth
- [ ] 1 teaspoon cumin and 1 teaspoon thyme
- [ ] Salt, pepper, and optional lemon

Make it

1. Saute onion, carrots, and celery in oil for 7-8 minutes. Add garlic and spices for 1 minute.
2. Add rinsed lentils, tomatoes, and broth. Bring to a boil, then reduce to a steady simmer.
3. Cover loosely and cook 30-35 minutes, stirring occasionally, until the lentils are tender.
4. Season to taste. Add a squeeze of lemon if desired.
5. Set aside a second portion for a neighbor before serving your own table.

AROUND THE TABLE

Choose the recipient before you cook. Ask what would genuinely help, pray for them, and include a simple handwritten note.

Adults should chop and manage heat. Cool promptly and confirm allergies or dietary restrictions before sharing.