

## Nancy's Lentil Soup

1 bag lentils  
1 onion, chopped  
2-3 stalks celery, chopped  
1/2 red bell pepper, chopped  
2 medium carrots, chopped  
2 bay leaves  
2-3 cloves garlic, minced  
1 cup red wine  
Hot pepper flakes  
5 or so vegetable boullion cubes  
Olive oil

Use a medium dutch oven or similar pan

Cook onion in olive oil until translucent  
Add pepper, celery, carrots, bay leaf and garlic.  
Cook gently until thoroughly cooked over medium  
heat so as to not burn the garlic

You can add other vegetables when cooking the vegies as you have them:

chopped cabbage is good  
chopped broccoli stalk is good  
chopped zuchinni is good  
chopped yellow pepper is good  
one chopped tomato is good  
1/4 cup frozen corn is good

Once things are cooked, add the lentils and wine.  
Let cook together for 5 minutes or so.

Add water & boullion cubes (you could use vegetable broth if you like)  
(probably about 10-12 cups)  
(you can add more later if the lentils absorb too much)

Simmer for about an hour, until lentils are done. I make this usually before work  
and let it sit on the stove until I get home. Then I just  
heat it up for 20 minutes or so.

Taste! We like to add a few shakes of Tapatio (hot sauce) to the pot  
but for the kids you might just add some to your bowl

I season with:

parsley  
basil  
pepper  
Salt (boullion is salty so be careful)

I serve with a few "peels" of fresh parmesan (I do it with the carrot peeler)