

SAMSSites Recipes

Lentil Soup

My friend Anita

The original recipe is an Italian version of Lentil Soup. This is according to my friend whose mother and grandmother made this soup. I have added some of my own stuff like cabbage, green pepper, zucchini and crushed red pepper. I don't use salt in soup. I use crushed red pepper. I also like to sprinkle cheese on this soup.

- 1/2 lb lentils (2 cups)
- 3/8 teaspoon crushed red pepper
- 1/2 cup of rice
- 1 med onion
- 1/4 green pepper
- 1 clove of garlic
- 2 stalks celery
- 4 tbs olive oil
- 1 tsp chopped parsley
- 2 carrots
- 1/2 of tomato sauce
- 1 cup of sliced cabbage
- 1/2 cup of chopped zucchini



Put lentils in a large pan at least 4 qt, cover with water and bring to a boil. Strain, fill pot with water again, bring to a boil and simmer for 1-1/2 hour. Add rice. In another pan add oil, chopped onion, garlic, celery, parsley and carrots. Saute until tender. Add to soup and add tomato sauce simmer 10 minutes longer.

