

Everything Herbal

by Cheryl Jabz

Bay Leaf Lentil Soup



INGREDIENTS

- 1 cup lentils
- 1 onion
- 2 carrots
- 2 celery stalks
- 2 bay leaves
- 6 cups broth
- Garlic
- Thyme
- Salt & pepper



INSTRUCTIONS

- 1 Combine all ingredients in a pot.
- 2 Simmer 35–45 minutes until lentils are tender.
- 3 Remove bay leaves before serving.



Cheryl's Tip

For extra flavor, sauté the onion, carrots, celery, and garlic before adding the broth and lentils.



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