RED LENTIL SOUP

The main ingredient in any of my recipes is LOVE. Along with that is the peace in spirit that comes from being in a calm and joyous place when preparing foods...

2 cups of Ziyad red lentils
1 medium–large onion cut into small pieces
4-5 cloves of garlic cut into very small pieces
2 tablespoons of fresh ginger, minced
3/4 cups carrots (cut into very small pieces)
3/4 cups potatoes cut into small pieces
¼ cup fresh kale (cut very fine)
2 tablespoons of lemon juice
1 tablespoon lemon pepper seasoning (or season to taste)
1 tablespoon salt (or season to taste)
2-3 vegetable bouillon cubes (season to taste)
1 tablespoon of basil leaves
½ to 1 teaspoon cayenne pepper (season to taste)
½ teaspoon of cumin (optional; season to taste)
Optional shredded jalapeño jack cheese or your favorite cheese

Directions:
• Prepare the potatoes, carrots, kale, onion, and garlic ahead of time and set aside.
• Wash lentils and place in a large pot.
• Add 8 cups of water and turn on medium.
• While the water and lentils are heating, add all the ingredients, stirring in each one separately until they have all been added.
• By this time the water and lentils might show signs of beginning to gently boil. Once all ingredients have been added, turn soup to low to cook slowly, stirring occasionally. If the soup has not begun to
show signs of boiling gently, wait until you notice the first sign of bubbles in the soup, then turn to low. The soup is supposed to have a thick consistency, but if you want it thinner, gradually add another ½ cup of water, ¼ cup at a time, and give the soup time to adjust before adding the 2nd ¼ cup.

• Cook until ingredients are tender, about 30 to 40 minutes (depending on how tender you like your lentils and potatoes, but not overcooked; testing the tenderness of the potatoes can be a good gauge).
• Optional: add a sprinkle of jalapeño jack cheese or your favorite cheese on top.
• Serve with warm bread or crackers.
• I HOPE you enjoy your SOUP!!!