

Lentil Supper Soup

- 3 tablespoons butter
- 3 garlic cloves, minced
- 2 small onions, finely chopped
- 1 large stalk celery, chopped
- 1/4 cup celery leaves, chopped
- 2-3 carrots, thickly sliced
- 1/3 cup raw brown rice
- 2 tablespoons fresh parsley or cilantro, chopped
- 1 1/2 cups washed lentils
- 1 teaspoon salt
- All-Purpose Seasoning to taste
- black pepper, freshly ground, to taste
- 2 cups shredded spinach (optional)

Place lentils in a bowl and cover with cold water. Let them soak while you prepare the other vegetables. Heat the butter in a large pot. Add the garlic, onion, celery, and celery leaves, and cook while stirring for 5 minutes over medium heat or until onions have wilted. Add the carrots, rice, parsley, and lentils. Add 1 1/2 quarts of water and seasonings. Bring the soup to a boil. Cover it and simmer until the lentils, rice, and vegetables are tender (around 1 1/2 hours). Add the spinach 20 minutes before serving. Makes 4-5 servings. Courtesy of Dr. Sears Wellness Institute