Hearty Lentil Soup

Ingredients

2 Tbsp	Olive Oil
1	Onion Finely chopped
1	Carrot Finely Chopped
1 Cup	Lentils (rinsed and drained)
¼ Cup	Brown Rice
¼ tsp	Ground Cumin
¼ tsp	Red Pepper Flakes
1 Ltr	Chicken Stock

Instructions

1. Heat oil in a sauce pan.
2. Add onion and carrot and sauté for 5 mins.
3. Stir in cumin and pepper flakes. Sauté, stirring, 1 min until fragrant.
4. Add chicken stock, lentils and brown rice. Bring to a boil. Reduce heat, cover and simmer for 20 minutes.
5. After 20 minutes season with salt if desired. Simmer another 30 minutes.

You can make this vegan by omitting the chicken stock and adding a 4 cups of vegetable stock or water.