



Herban Health

providing and promoting community based
holistic healthcare to the medically underserved
in the San Francisco Bay Area

Lentil Soup

Ingredients:

- 2 cups dried lentils, small and black or French black lentils
- dried tomatoes
- dried onions
- 5 garlic cloves
- dried chile ancho
- seasoned salt (lawry's)
- 3 spoons of olive oil
- 2 celery sticks (diced)

Instructions:

Add all ingredients with water and bring to a boil. Stirring occasionally, simmer for about 30 minutes, or until the lentils are soft enough to eat.

If you would like to contribute a recipe, see more recipes in our collection, or learn more about Herban Health's clinics and classes, please visit us at www.herbanhealthepa.org.