

Spicy Lentil Soup

Good.

3 tablesp oil

but too spicy

1 large onion Chopped

cut down on

2 1/4 Cloves garlic

spices

1 tsp Cumin (opt) (not sure)

1/2 cup each green & red lentils or 1 cup of any kind

1/2 tsp red pepper flakes

2 carrots peeled & diced

2 stalks Celery "

2 bay leaves

1 tablesp red wine vinegar (opt)

6 cups veg or Chicken Stock

284 g (10oz) fresh spinach opt (did not put in)

Drain onions, etc, add remainder except
vinegar if using) bring to boil & simmer till done.