

## **Lentil Kale Soup**

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1 onion, chopped

3 cloves garlic, minced

1 TB olive oil

2 small carrots, peeled and chopped

4-5 kale leaves, stems removed and chopped

1 cup dry brown lentils

3 cups vegetable stock

3 cups water (or more vegetable stock)

S&P to taste

Saute the onions and garlic in the olive oil over medium heat. Add the carrots and cook a few minutes more. Add the lentils, stock, water and kale and bring to a boil. Reduce heat and simmer for 30 minutes to an hour until the lentils are tender. Taste for seasoning.