

Red Pepper Red Lentil Soup

by Elizabeth Varga

Makes 4 servings

Ingredients

- 1 Medium Yellow Onion diced
- 2 Medium Red Bell Peppers diced
- 2 Cloves Garlic minced
- 1 Tablespoon Tomato Paste
- 2 Teaspoons Paprika
- 1 Teaspoon Salt
- 1 Cup Red Lentils
- 2 Tablespoons White Rice
- 5 Cups Vegetable Broth
- Fresh Parsley for garnish



Directions

- In a large pot over medium heat, heat the onion and pepper. Cook 5 minutes, stirring often, until the veggies are starting to soften.
- Add the garlic, tomato paste, paprika, and salt. Stir.
- Add the lentils, rice, and broth. Bring to a boil, then simmer gently for 20 minutes.
- Remove from the heat and serve with a garnish of parsley.



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