

RECIPE:

Serves 4

Lentil & Bulgar Soup

Ingredients:

- * 2 Tablespoons extra virgin olive oil
- * 1 Tablespoon Garlic Salt
- * 1 Medium Carrot, 1 Celery stock, 1 Small White Onion, 1/4 Cup Cilantro (finely chopped)
- * 6 Cups Water + 4 Cups low sodium Chicken Broth (or 10 cups water total)
- * 3 Teaspoons Red Wine Vinegar
- * 1 Cup Brown Lentils (rinse & clean)
- * 1/4 Cup Bulgur Wheat
- * Coarse Salt & Pepper (season to taste)
- * 1 Whole jalapeño

directions:

1. Heat oil in medium saucepan over medium heat. (add garlic salt) Cook carrots, celery, & Onions until tender (about 6 minutes). Add water, Jalepeno, & lentils (bring to boil). Reduce heat, partially covered until lentils are tender (about 20 minutes).
2. Stir in bulgur, Cilantro, & low sodium chicken broth (cook partially covered until bulgur is slightly chewy – about 5 minutes).
3. Drizzle Red Wine vinegar to taste, season with salt & pepper.