

2010 Global Mission Lenten Series
Worship Resources for the Second Week in Lent
Martin and the Rev. Suzanne Shoffner
Palestine

Lentil Soup (serving 10-12)

Two pounds lentils
Four large carrots
Salt, pepper, other spices to taste
Fresh ripe tomatoes (or canned cubed ones)
12 ounces fresh spinach

Wash the lentils and cover with water in large pan.

Bring to boil.

Right away, grate the carrots and add to lentils.

Add salt, pepper, oregano, bay leaf and anything else
to your taste. "Spike" is available in USA and
very tasty with lentils.

Simmer 45 minutes. Stir in spinach which has been
finely chopped and add tomatoes.

Return to simmer for ten more minutes. Enjoy!