

SPICY LENTIL SOUP

This soup is even better when made a day ahead and reheated!

1 large onion, diced	Dash cayenne pepper (optional)
1 clove garlic, crushed & chopped	¼ t salt, or to taste
1 large carrot, chopped	2 T butter
¾ c lentils	Black pepper to taste
3 med red potatoes, cut into large chunks	1 t Tabasco sauce, divided
6 c homemade chicken stock or low sodium chicken broth, or homemade stock	1 t cider vinegar

In a large pot, sauté onion, garlic and carrot in butter over low heat until onion is translucent. Do not brown the garlic. Add lentils, potatoes, stock, cayenne, salt, black pepper to taste and ½ t Tabasco sauce. Bring to a boil and reduce heat; simmer until potatoes and lentils are very tender, between 1 hr and 1 hr 15 minutes. Stir in vinegar and remaining ½ t Tabasco sauce, cook 5 minutes longer.

Makes 4 servings.

Calories: 257, Carbohydrate: 32 grams, Protein: 10 grams, Fat: 10 grams.