Vegetable lentil soup

Ingredients:

2 carrots, peeled & chopped

3 stalks celery, chopped

1 cup frozen, diced onion

2 Tbsp vegetable oil

1 tsp garlic powder

2 tsp Italian seasoning

1 28-oz can diced tomato (undrained)

2 Tbsp beef bouillon powder

1 ½ cups dry lentils

8 cups water

1 cup frozen corn kernels

1 cup frozen cut green beans

Instructions:

1. Place soup pot on stove over medium heat. Add vegetable oil, carrots, celery and onion. Stir often until vegetables begin to soften, about 3-5 minutes. Add the garlic powder and Italian seasoning and continue stirring often for 1-2 more minutes.
2. Add all remaining ingredients. Increase heat to high until soup begins to boil (large bubbles reach the surface frequently). Reduce heat to medium-low and simmer gently (small bubbles occasionally reaching the surface) for 15-20 minutes until vegetables and lentils are tender.
3. Add salt and pepper as desired and enjoy!

Options:

This soup is easy to modify based on tastes and ingredient availability:

- **Add fresh bell peppers** along with carrots and celery.
- **Substitute other frozen vegetables** for the corn and green beans (2-3 cups total). Try edamame, bell peppers, cut broccoli, asparagus or mixed vegetable blends.
- **Add greens** such as fresh chopped spinach, kale or cabbage in Step 2. They'll cook down significantly, so use a little more than you think you'll need.
- **Not sure about lentils?** Just substitute 2 cans of navy, kidney or other beans (drained and rinsed). They're another great, affordable protein source. You can also swap in pasta for the lentils – dry tortellini is a good option.