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Hearty Winter Soup

A perfect meal to sit down to after a day on the ski hill or a walk in the snow. Make it ahead so that you can take off your gloves, shake off the snow and enjoy!

Ingredients

2 TBSP olive oil	8 cups chicken or vegetable broth
2 onions, diced	2 cups dry lentils (or 2 cans of mixed beans)
4 garlic cloves, minced	Two 28 ounce cans diced tomatoes
2 carrots, chopped	4 TBSP lemon juice
2 stalks celery, chopped	1 tsp cumin
1 tsp salt	½ tsp cinnamon
2 potatoes cut into ½ inch chunks	½ tsp cayenne
2 red peppers, chopped	

Instructions

- Add olive oil to skillet and cook the onion, garlic, carrot & celery over medium heat for 3-5 minutes, until the onion has softened slightly.
- Add red pepper, lemon juice & spices and cook for 2 minutes.
- Add the tomatoes (and their liquid), chicken broth, lentils & salt and bring to a boil.
- Cover, reduce heat and simmer gently for 25 minutes.
- Add potato, cover and simmer for 10- 15 minutes until lentils and potatoes are tender.
- Serve on its own, over rice or with your favourite bread.

**There must be a way to prepare this dish in a slow cooker to make it even more convenient. If you can suggest a slow cooker version, please email me!*