

Recipe for



LENTIL AND BEAN SOUP

SERVES 2-3

PREP TIME/TOTAL

TIME Approx 10 min/ 20 min

NUTRITION INFORMATION

Total Calories 773

Fat 8.2 g

Protein 41.7 g

Carbohydrates 153 g

Fiber 43.6 g

INGREDIENTS

1 cup Black beans if using fresh, or 15-16 ounce canned black beans.

Lentils of your choice, e.g. yellow, red or french lentils (½ cup)

1 medium size onion—chop finely

8 oz corn

8 oz okra, chop in ½ inch cubes

½ bell pepper—chop in small squares

Green Sauce

Cilantro

DIRECTIONS

Boil lentils till cooked. Approx. 20-25 minutes for french lentils on stove top.

May also use instapot or crock pot. Boil black beans in a separate container or use canned black beans. Sauté onions in water or one spoon of olive oil.

Add the other vegetables(corn, okra and bell pepper) to the sauté pan. May use fresh or frozen okra, frozen corn. Add the **green sauce** to the bean and

lentil mixture. Let all boil together for another 5 to 7

minutes. Garnish with cilantro before serving,

NOTE: Recipe for **Green Sauce** is in the Raw/Salads Section

