

## CHEF DANA'S LENTIL SOUP

- 1 Sweet yellow onion, chopped fine
- 4 stalks Celery, sliced thin
- 3 Carrot, peeled & sliced 1/4 inch
- 1 Bell pepper, diced
- 3 Tbsp Olive oil
- 1 package dry lentils
- 1 Tbsp Dried fennel seed
- 1 Tbsp Kosher salt
- 1 Tbsp Adobo seasoning
- 1 tsp Red chili flake
- 1/2 cup parsley, chopped
- Water

1. Cook for about 3 minutes then add kosher salt, fennel seed, chili flakes, Adobo, and sauté for 1 minute.
2. Add the dry lentils.
3. Add water until it covers about 1 inch above ingredients in the pot. Add water as desired for your desired liquid ratio.
4. Sauté on medium heat until lentils are tender, usually about 1 hour.
5. Remove from heat, add fresh parsley and serve.

### ADDITIONAL INFORMATION

<b>Course</b>	<a href="#">Dinner</a> , <a href="#">Entrees</a> , <a href="#">Lunch</a>
<b>Cuisine</b>	<a href="#">American</a> , <a href="#">Chef Dana</a> , <a href="#">Mediterranean</a> , <a href="#">Middle Eastern</a>
<b>Category</b>	<a href="#">Soups</a> , <a href="#">Vegan</a> , <a href="#">Vegetarian</a>
<b>Serving Size</b>	8