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

Course	Dinner, Entrees, Lunch
Cuisine	American, Chef Dana, Mediterranean, Middle Eastern
Category	Soups, Vegan, Vegetarian
Serving Size	8