

BILL CHURCHILL'S QUICK LENTIL SOUP

COMMENT If you are preparing this on a fast day, omit the olive oil, or replace it with a different type of oil, according to the practice of your church.

PORTIONS
4 to 5 servings

EQUIPMENT
Saucepan, at least 2 quart
Blender

INGREDIENTS
Lentils (*Preferably red*) 1 cup
Bay leaf 1 medium
Vegetable Bouillon 1 cube (Beef or Chicken can be used on non-fasting days)
Water 4 cups
Salt To taste, or add at table
Pepper To taste, or add at table
Olive oil 2 tablespoons, or add to individual portions

TECHNIQUE
1. Place all ingredients in saucepan.
2. Bring to boil.
3. Reduce heat, cover, and simmer until lentils are soft, about 15 to 20 minutes.
4. Stir every five minutes or so to make sure the lentils do not stick to the pan.
5. Remove the bay leaf.
6. Put the soup into a blender, and blend until smooth and creamy.
7. Serve.

NOTES:
1. *This soup may be reheated in a microwave, or even served chilled — garnish with parsley or celery.*
2. *It can also be used as a sauce for pasta.*
3. *Red lentils can be found in health food stores, and in some supermarkets.*