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|  | **Ingredients** | **Step** |
| Lentil Soup with Lime Juice | 1 Tablespoon  **vegetable oil**  1 medium **onion**, chopped  1 pound  dried **lentils**, washed and picked over  8 cups  cold **water**  1 teaspoon  **salt**  1⁄2 teaspoon  each **black pepper** and ground **cumin**  1 teaspoon  dried **thyme** or **oregano**  3 **bay leaves**  1 can  (4 ounces) mild **green chilies**, drained and chopped  1  **red bell pepper**, cored, seeded, and finely chopped  1  **carrot**, peeled and finely chopped  1⁄3 cup  fresh **lime juice** or to taste (or 1 tablespoon lemon juice) | 1. In a large saucepan, sauté the onion in vegetable oil over medium high heat (350 degrees in an electric skillet). 2. Add lentils, water, salt, pepper, cumin, thyme or oregano and bay leaves. Bring to a boil. Lower the heat to medium low (250 degrees in an electric skillet). Cover and simmer for 30 minutes, stirring occasionally. 3. Add the green chilies, red bell pepper and carrots. Simmer 15 more minutes or until the lentils are very soft. 4. Before serving, remove and discard the bay leaves and stir in the lime juice. Serve hot. 5. Refrigerate leftovers within 2 hours. |