**Red Lentil Soup**

**Ingredients**1 tablespoon extra virgin olive oil1/2 cup chopped onions1/4 cup chopped carrots1/4 cup chopped celery1 tablespoon minced garlic  1 cup red lentils1 1/2 quarts vegetable stock1/4 teaspoon dried basilPinch dried oreganoPinch dried thyme1 1/2 teaspoons white distilled vinegar1/2 teaspoon Worcestershire sauce1 teaspoon sea salt1/4 teaspoon freshly ground black pepper

**Instructions**

1.  Heat olive oil in a large saucepan over medium heat. Sauté onions, carrots, celery,     and garlic until onions are translucent.2.  Add vegetable stock, lentils and herbs. Bring to a boil, reduce heat and simmer for      1 hour or until lentils are soft.3.  Remove from heat, cool slightly and pour into a blender container. Puree until     smooth. Add remaining ingredients and mix well.

**Serving Information**Makes 6 (3/4-cup) servings, each containing approximately:130 calories,19 gm. carbohydrate,3 gm. fat0 mg. cholesterol, 7 gm. protein, 317 mg. sodium, 4 gm. fiber