



## Lentil & Pasta Soup

Make a pot of this hearty soup on the weekend and you will have quick weeknight suppers available anytime! Keep a supply of whole grain breads in the freezer to round out the meal.

### Ingredients:

---

1 tbsp	vegetable oil	15 mL
2	medium onions	2
2 tsp	minced garlic	10 mL
3	medium carrots, sliced	3 1
2 cups	sliced fennel (about 1 medium bulb) or celery	500 mL
1	can (19 oz/540 mL) lentils (undrained)	1
2	vegetable or chicken bouillon cubes or sachets	2
2	cans (each 28 oz/796 mL) tomatoes (undrained)	2
1-1/2 cups	water	375 mL
2 tbsp	granulated sugar	25 mL
1/2 tsp	each dried savory and thyme	2 mL
1/4 tsp	pepper	1 mL
1/2 cup	small pasta shells or macaroni	125 mL

### Directions:

---

1. In Dutch oven or large saucepan heat oil over medium heat. Add onions and garlic; sauté for 3 to 5 minutes until onions are softened.
2. Add carrots, fennel, lentils, bouillon cubes, tomatoes, water, sugar, savory, thyme and pepper. Bring to boil; reduce heat and simmer for 25 to 30 minutes or until vegetables are tender.
3. Add pasta for the last 15 minutes of cooking. If soup is too thick, thin with water. **Makes 12 servings 1 cup (250 mL) each.**