

**COMPLIANT LENTIL SOUP**

Perfect for a cold day this satisfying soup is a great way of using up fresh spinach.  
​For better digestibility, soak lentils overnight with 1 tablespoon of apple cider vinegar and water.

**Ingredients:**

* 2 onions, chopped
* ¼ cup bulger wheat
* 6 garlic cloves, minced
* 2 Tbs. chopped fresh rosemary
* 1 bay leaf
* 2 tsp. cayenne pepper flakes
* 1-14 oz. can diced tomatoes
* 1/4 cup tomato paste
* 12 cups of filtered water or LOW SODIUM SOUP STOCK ([RECIPES - Karen Warwick RHN](https://www.karenwarwickrhn.com/recipes/low-sodium-soup-stock))
* 1 cup dried lentils, soaked, rinsed
* 4 cups lightly packed fresh spinach leaves
* ½ cup fresh chopped parsley
* ½ tsp. black pepper

**Directions:**

1. Heat a little water in a large stockpot.
2. Add onions and cook until translucent.
3. Stir in bulger wheat, garlic, rosemary, bay leaf, and pepper flakes and cook until fragrant.
4. Add tomatoes, tomato paste, water (or soup stock), and lentils.
5. Cover and simmer for 25 minutes or until the lentils are tender.
6. Stir in spinach, parsley and pepper and simmer for 3 more minutes or until the spinach wilts.
7. Discard the bay leaf and season to taste with no salt seasoning and pepper, if desired.
8. Serve over rice or potatoes or on its own as a soup.

​\*\* Let it cool down and freeze in glass bowls.  This soup freezes well. Just take out a container in the morning and it will be thawed out by lunch. Serve with a salad for a complete meal.