



Lentil & Split Pea Soup with Paprika & Saffron

(makes 4 servings)

Ingredients

2 Tablespoons Olive oil
1 small onion, finely diced
10 baby carrots, sliced into discs
4 cloves garlic, finely diced
2 teaspoons paprika
1 pinch saffron
4 cups vegetable broth
1 ¼ cups Fieldstone Soup Mix
freshly ground pepper, to taste
1 bay leaf

Method

On medium heat, saute onion and carrot for approximately 5 minutes or until onions are translucent. Add garlic, paprika, and saffron, carefully mixing with the onion/carrot mixture. Cook ~1 minute or until aroma begins to release.

Stir in vegetable broth, then add lentils & split peas and bay leaf to the mixture. Mix well.

Bring ingredients to a boil, then reduce heat to a simmer. Cover pot and simmer for ~40 minutes, checking periodically. If needed, add additional vegetable broth. Cooked lentils are fragile so be careful not to over stir.