

Greek-Style Lentil Soup

1 lb brown lentils, picked over and rinsed
9 cups water
1 Tablespoon minced garlic
3 large carrots peeled and sliced into chunks
2 large onions, chopped
1 Tablespoon fresh thyme or 1 teaspoon dried thyme
1 teaspoon ground black pepper
1 1/2 teaspoon fresh rosemary or 1/2 teaspoon dried rosemary
1 16 oz can tomato sauce
1 teaspoon salt
1/4 teaspoon ground cinnamon
3 tablespoons coarsely chopped fresh marjoram or oregano or 1 teaspoon dried
2 tablespoons olive oil
1 tablespoon red wine vinegar

In a large pot combine lentils, water, garlic, carrots, onions, thyme, pepper, and rosemary. Bring to a boil. Cover and simmer for 45 minutes or until the lentils are tender. Stir occasionally and add water if getting too low. Do not add tomato sauce and salt until the lentils are done. Add tomato puree, salt, cinnamon and marjoram and or oregano. Simmer for 20 minutes. Remove from heat add red wine vinegar and olive oil. If too thick you can thin with vegetable broth. Can serve with soy sour cream if desired.

Makes 6 servings

<http://www.lincolntent.com/GFCF-Soup.html>