

## **Black (Beluga) Lentil Soup**

**Makes about 8 quarts.**

4 Tbs. olive oil  
4 cloves garlic, minced  
2 large onions, chopped  
4 ribs celery, chopped  
Saute 3-5 minutes

Add:

4 cups black (beluga) lentils, uncooked  
2 qts. vegetable broth  
4 qts. water  
4 bay leaves  
2 tsp ground coriander  
1 tsp ground cumin

As you bring this to a simmer, prepare:

8 large carrots, peeled and cut into chunks (about 6 cups)  
7 cups potatoes, peeled and cut into chunks  
Add to lentils.

Simmer until lentils and vegetables are tender, about 30-45 minutes.

Add:

10 oz frozen, chopped spinach,  
5 Tbs. wheat-free tamari  
1 tsp salt  
black pepper to taste  
Heat through and serve.