

Lentil and Rice Soup

X 2

2 medium-sized onions, finely chopped	4
2 tbsp. (30 ml) of oil	4 tbsp. (60 ml)
2 cloves of garlic, finely chopped	4
2 medium-sized carrots, sliced	4
2 celery stalks, diced	4
1 tbsp. (15 ml) of curry powder	2 tbsp. (30 ml)
2 cups (500 ml) of milk	4 cups (1000 ml)
10 cups (2.5 L) de chicken broth	20 cup (5 litres)
2 cups (500 ml) of green lentils	4 cups (1000 ml)
1 bay leaf	2
½ cup (125 ml) of brown rice	1 cup (250 ml)
salt	
1 bag, 10 oz. (300 g) of frozen chopped spinach	2 bags, 10 oz.

- In a large saucepan, cook onions in oil at medium heat stirring often.
- Add garlic, carrots, celery and curry powder. Stir while cooking to coat well with oil.
- Add milk, chicken broth, lentils and bay leaves.
- Let simmer 45 minutes, partly covered.
- Add rice, salt and continue to cook for 45 minutes.
- Add spinach, reheat to thaw spinach and until hot.

Enjoy!