Hill's Mills & Mixers
BOSCH Kitchen Centre
~products for better health

LENTIL SOUP

½ to 2/3 cup red or green lentil flour
4 cups boiling water'
4 tsp beef, chicken or vegetable soup base
1 lg carrot, shredded
1 medium onion, chopped
2 ribs celery, sliced
Blend or grind clean, sorted dried lentils to a fine powder in your Whisper Grain Mill Add all but lentils to 2 cups of the water and cook until crunchy/tender, about 10 minutes. Blend lentil flour with remaining water for 1 minute and add to hot soup, stirring until thick, about 1 minute. Reduce heat and cook for an additional 2 minutes. For Cream of Lentil Soup, add ½ cup non-instant dry milk powder while blending. Top with grated jack cheese, if desired. Serves 3 to 4

SPICY LENTIL SOUP

2 cups warm water
1 cup tomato juice
2 tsp beef or vegetable bouillon'3 Tbsp green lentil flour
dash garlic powder
1/4 tsp dried basil leaves
1 Tbsp minced celery
2 Tbsp minced fresh onions
white pepper to taste
In a medium saucepan over medium-high heat, bring liquids to a boil. Mix and add remaining ingredients. Bring to a boil. Reduce heat to medium-low, cover pan and cook 2 minutes.
Serves 2 – 3

Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559