



Hill's Mills & Mixers

BOSCH Kitchen Centre

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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

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