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

RED LENTIL SOUP

4 cups hot water
4 Tbsp red lentil flour
2 tsp lentil soup seasoning (see next recipe)
Bring to a boil, then reduce heat and cook 2 minutes. Serves 3 to 4.

RED LENTIL SOUP SEASONING

10 Tbsp salt
3 Tbsp black pepper
3 Tbsp onion powder
2 ½ tsp garlic powder
7 Tbsp parsley flakes
3 Tbsp paprika
Combine and store in air-tight container. Can also be used to season patties, loaves, casseroles and toppings.

CREAMY LIMA-LENTIL SOUP

3 cups hot water
3 tsp chicken or vegetable bouillon
½ cup baby lima flour
1 Tbsp white rice flour
1 Tbsp red lentil flour
white pepper to taste
In a medium saucepan over medium heat, whisk flours into hot water and bouillon. Bring to a boil, then reduce heat and cook 2 minutes

QUICK GREEN LENTIL SOUP

4 cups hot water
4 Tbsp green lentil flour
4 tsp chicken or vegetable bouillon
In medium saucepan over medium heat, whisk lentil flour into hot water and bouillon. Bring to a boil, then reduce heat and cook 2 minutes. Serves 3 to 4.

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