



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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