

BEETROOT & LENTIL SOUP

INGREDIENTS

- 2 medium-sized beetroots, peeled and diced
- 1 cup dried lentils, rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth or water
- 1 tablespoon olive oil
- Salt and pepper to taste

DIRECTIONS

In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic, sauté until fragrant. Add diced beetroot, lentils, and vegetable broth or water to the pot.

Bring to a boil, then reduce heat and let it simmer for about 20-25 minutes or until the lentils are tender. Season with salt and pepper to taste.

If desired, add a squeeze of lemon juice and sprinkle with chopped fresh herbs before serving.

