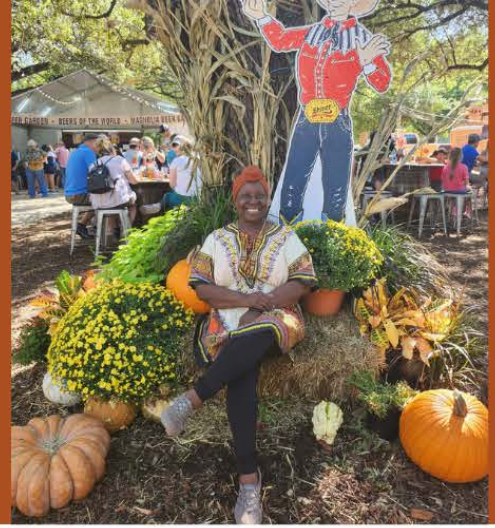


# Ms. Teresa's Moroccan Lentil Soup



## Ingredients

- 2 Onions
- 4 Carrots
- 1 Cauliflower
- 1 handful Cilantro
- 4 Cloves Garlic
- 2 tsp Olive Oil
- 1tsp Cumin
- 1 tsp Coriander
- 1 tsp Turmeric
- 1/4 tsp Cinnamon
- 1/4 tsp Cinnamon
- 1/4 tsp Pepper
- 6 cups Veggie or Bone Broth
- 2 cups Water
- 1 3/4 cup Lentils
- 1 28oz can Diced Tomatoes
- 2 tbsp Tomato Paste
- 2 tbsp Lemon Juice

## Directions

1. Prep Veggies. Chop Onions, Carrots, Cauliflower, and Cilantro. Mince Garlic. Set cilantro aside for now.
2. In a slow cooker, combine all ingredients except spinach, cilantro, and lemon juice.
3. Cover and cook until lentils are tender for *4 to 5 hours on High* or *8 to 10 hours on Low*.
4. When timer has thirty minutes left on either High or Low setting, stir in Spinach.
5. When soup is done, stir in cilantro and lemon juice.
6. Recipe makes 12 servings.