

# Quinoa and Red Lentil Soup

Recipe By Rivky



Cooking and Prep:  1  
h 15 m

Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,  
Pescetarian, Gluten Free

Source: KosherScoop.com

The name makes it sound really healthy – which it is – but it is also really delicious! People don't seem interested in it – until they see it and taste it! Make sure to salt it enough; the amount varies depending on the type of salt and size of pot.

## Ingredients (8)

### Main ingredients

- 1 onion
- 3 stalks celery
- 3 carrots
- 1 zucchini
- 1 – 1 and 1/2 cups **Gefen Red Lentils**, rinsed
- 1/4 – 1/2 cup quinoa

2 tablespoons **Haddar Kosher Salt**

black pepper, to taste

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## Start Cooking

### Make the Soup

1. Sauté vegetables in the order listed until the carrots are a bit soft. Add the red lentils and quinoa (make sure to rinse the quinoa if yours doesn't come pre-rinsed).
2. Cover or more than cover with water (lentils and quinoa absorb water to cook) and add salt and pepper. Bring to a boil, then let cook for one to two hours until the lentils are cooked.