



Red Lentils with Veggies

1 cup Red Lentils

4 cups Chicken broth (organic boxed or boil Trader Joe's
organic drumsticks to make own broth)

Bite sized chunks of organic potato

Carrot (or any other vegetable)

Large Onion

3 cloves of Garlic

Olive Oil

1/2 tsp. Paprika

1/2 tsp. Cumin

1/4 tsp. Cinnamon

Pink Salt

Black Pepper

Combine Red Lentils, Chicken Broth, Potato chunks, and vegetables and simmer until tender. Saute large onion & garlic cloves in olive oil. Add to lentils with Paprika, Cumin, Cinnamon, Pink Salt, and Black Pepper.