

QUINOA LENTIL

SOUP MIX

## TO MAKE SOUP:

1. Add all ingredients, plus 5 cups of water or stock to a pot.
2. Bring to a boil over high heat, reduce heat to low and cover.
3. Simmer until lentils are tender and soup is thick, about 20-30 minutes, adding more liquid as necessary to soften the lentils.
4. Remove and discard bay leaf before serving.
5. Season to taste with salt and pepper.

COCONUT CURRY

SOUP MIX

## TO MAKE SOUP:

1. Add all ingredients, plus 4 cups of water or stock and a 14oz can of full-fat coconut milk to a pot.
2. Bring to a boil over high heat, reduce heat to low and cover.
3. Simmer until lentils are tender and soup is thick, about 20-30 minutes, adding more liquid as necessary to soften the lentils.
4. Remove and discard chile pepper before serving.
5. Season to taste with salt and pepper.

TACO BEAN CHILI

SOUP MIX

## TO MAKE SOUP:

1. Add all ingredients, plus 5 cups of water or stock to a pot. (Optional: add a 14.5oz can of diced tomatoes with green chiles and 1 lb ground meat, cooked and drained.)
2. Bring to a boil over high heat, reduce heat to low and cover.
3. Simmer until beans are tender and soup is thick, about 90 minutes, adding more liquid as necessary to soften beans.
4. Season to taste with salt and pepper.
5. Top with shredded cheese, chopped lettuce, sour cream, avocado, guacamole, black olives, etc., if desired.