

## *From Karen's Kitchen @ Field & Forest Acres*

This recipe came from my friend Cindy from a book she was enjoying called "The High Road to Health". It should provide 6 to 8 servings, but I double the recipe. I also used the gorgeous summer parsley that I had put in the freezer. Despite being frozen, it still gave off a summer fresh aroma as I snipped it up. This soup's unique taste gets better after the second or third day.

### Lentil Parsnip Soup

6 cups water  
1 cup lentils (dried)  
3 Tbsp. soy sauce  
1/8 tsp. pepper  
1 bay leaf  
1 tsp. olive oil  
1/2 onion, chopped  
1 leek, sliced  
1 clove garlic, chopped  
1 celery stalk, sliced  
1 parsnip, peeled and diced ▲  
2 carrots, peeled and diced ▲  
2 Tbsp. chopped parsley ▲  
Dash of ground cloves



In a large stock pot, place the water, lentils, soy sauce, pepper, and bay leaf. Bring to a boil, turn down heat and cook for 1 1/2 hours.

In the meantime, heat the oil in a large skillet. Sauté the onions until golden; add the leek, garlic, celery, parsnip, carrots, parsley, and cloves. Mix well, cover, and cook for 5 minutes.

Add the skillet mixture to the lentils in the stock pot and cook for 30 minutes. If soup becomes too thick, add 1/2 to 1 cup of boiling water. Remove bay leaf before serving.