

Simple Green Lentils

Serves 6 to 8

2 C green lentils

Filtered water

2 T spreadable tofu, fermented whey or yogurt

1 t Sea Salt

2 C vegetable broth or chicken broth

2 cloves mashed garlic

3 sprigs of fresh thyme, tied together

1 t dried & crushed pepper corns

Pinch of dried Chili flakes (optional, but we like a full teaspoon!)

Juice of 1 to 2 Lemons

Soak Lentils in filtered water, salt and tofu for several hours. Drain, rinse and place in pot and add stock to cover. Bring to boil and skim. Add remaining ingredients except lemon, and simmer uncovered for one hour. Add lemon juice and season to taste.

