

## **Yummy Lentil and Chaya Soup**

### **Ingredients:**

- 1 lb dried lentil
- 1 onion, diced or 2 t. onion powder
- 1 T. garlic or 2 t. garlic powder
- 2 t. salt
- Black pepper to taste
- 1-2 T. chicken bouillon or use chicken stock in place of some of the water
- 2 T. olive oil or bacon grease
- 6-8 c. water
- 1-2 c. cooked chaya or fresh spinach/kale *—(if using chaya be sure to precook for 20 minutes to remove toxins, then rinse and chop)*

### optional add- ins:

- 1 lb. cooked sausage, bacon, or chopped ham— *any type of meat will work.*
- a couple of squirts of Bragg's liquid aminos
- cayenne pepper to taste
- turmeric powder
- any other veggies that you may like... possibilities are endless

### optional toppings:

- sour cream for topping
- shredded cheese for topping
- chopped parsley for garnish

### **Directions:**

Rinse the lentils and set aside.

Saute the onion and garlic in the oil or grease until translucent. Add the water and other ingredients including any optional add-ins. Simmer for 30-45 minutes or until everything is tender.

Serve over rice, if desired. Add toppings as desired and enjoy!