**Moroccan Lentil Soup**



**Freezer Package Ingredients:**

1 ¾ c red lentils

2 c chopped onions

2 c chopped carrots

3 c chopped cauliflower

4 cloves garlic minced

1 can (28 oz) diced tomatoes

2 T tomato paste

2 T lemon juice

1 tsp cumin

1 tsp ground coriander

1 tsp ground turmeric

¼ tsp ground cinnamon

¼ tsp ground pepper

**Other Ingredients:**

6 cups meat or vegetable broth

2 cups water

4 c fresh spinach (10 oz bag or equivalent frozen)

½ c fresh cilantro

dash of olive oil

Add broth, water and freezer package to a large pot. Cook, stirring occasionally to separate frozen chunks for 45-55 minutes, add spinach the last 15 minutes, stir in a little olive oil for flavor at end of cooking, garnish with cilantro. The cilantro can be added to freezer package instead, for convenience.