



# Lentil and Vegetable Soup

\*Vegan & Gluten-Free\*

## Ingredients:

- 1 cup cooked lentils
- 2 cups vegetable broth
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/2 cup diced tomatoes
- 1 tsp cumin powder
- 1 tsp smoked paprika

## Directions:

- In a pot, combine lentils, vegetable broth, carrots, celery, and tomatoes.
- Add cumin and smoked paprika, then simmer for 10-15 minutes until the veggies are tender.
- Serve with gluten-free bread or crackers.

**Drink Pairing:** Turmeric Ginger Tonic: Mix turmeric, ginger, lemon juice, and honey with warm water for a soothing and anti-inflammatory drink.



### Dip Pairing:

Sun-Dried Tomato Hummus:

Blend chickpeas, sun-dried tomatoes, olive oil, and garlic for a robust, flavorful dip served with gluten-free crackers.

