

# Cooking with Nada!



## Savory Lentil and Root Vegetable Soup

- 1 Parsnip, coarsely chopped
- 1 Orange Carrot, coarsely chopped
- 1 Purple Carrot, coarsely chopped (can use orange)
- 1 White Beet, coarsely chopped (optional)
- 2 Stalks Celery, diced
- 1/2 Cup Yellow Pepper, chopped
- 2 Cloves Garlic, chopped
- 1 1/2 Cups of Green Lentils, soaked overnight & rinsed
- 2 Tsp Sea Salt
- 2 Tsp Lemon Pepper\*
- 2 Tbsp Coconut Oil
- 1 Quart Water, to start

\*Nada used her homemade Lemon Pepper seasoning, however you can use any combo of spices to taste.