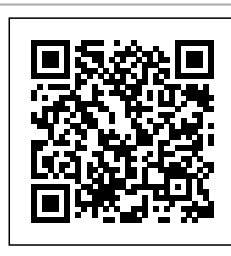


Crockpot Lentil and Kale Soup



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Video!



Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 10 minutes

Cook Time: 4 hours 0 minutes

Ingredients

- 2 Cups of Dried Brown Lentils, rinsed and picked through
- 8 cups of Vegetable Stock
- 1 Yellow Onion, diced
- 3 Stalks of Celery, diced
- 3 Carrots, peeled and diced
- 3 Cloves of Garlic, minced
- 14 oz can of Diced Tomatoes
- 1 Tbsp of Olive Oil
- 2 tsp of Italian Seasoning
- 4 cups of Kale Leaves
- Salt and Pepper, to taste

1) Add all of the ingredients except for the kale and salt and pepper into your crockpot.

2) Cook on high for 4 hours. 3 and a half hours into it, add the kale and continue cooking.

3) When fully cooked, season with salt and pepper to taste and dig in!

