



Lentil And Lima Hearty Soup

2 cups of green lentils (pre-soaked over night)
1/2 cup lima beans (pre-soaked over night)
1 small white onion, diced
10-15 cherry tomatoes, whole
1 lg carrot, sliced
3 celery stalks, sliced
1-2 small serrano chili pepper, chopped (optional if you prefer spicy)
2 small garlic cloves, minced
1/2 teaspoon, paprika
1 dash of sea salt and pepper (**Bragg Organic Sea Kelp Delight Seasoning**)
1 teaspoon of Muchi curry (to taste)
3-5 tablespoons of **Bragg Liquid Aminos** (to taste)
garnish with parsley or fresh dill
6-8 cups, alkalized water

Easy Recipe

Combine all ingredients in a crock pot. Fill with alkalized water to the top. Cover and cook on low for 10-12 hours. Check every few of hours to see if more water is needed due to evaporation. This is a nutritious and hearty recipe for chilly winter days or evenings. Good for the body and warm for the soul.