

Lentil Soup

- 1 16oz bag green lentils (soaked in warm water overnight or at least 2-4 hours)
- 1 small onion diced
- 2 stalks celery, diced
- 2 carrots, peeled and diced
- 2 cups chopped kale
- 4 cloves garlic, chopped
- 1 14.5oz can petite diced tomatoes
- 1 14.5 oz can crushed tomatoes
- 6 cups vegetable broth
- 1 bay leaf
- 1 t basil
- 1 t oregano
- 12 oz chicken sausage, pre cooked and sliced

Heat 1-2 tablespoons EVOO, and add onion, celery and carrots. Sauté until soft, about 4-5 minutes. Add garlic and spices, then sauté for an additional 1 minute. Add both diced and crush tomatoes, vegetable broth and bay leaf. Stir occasionally until soup comes to a boil. Reduce to simmer and add lentils. Continue to stir as needed, letting the soup simmer until lentils have softened, about 45 minutes. Add sliced sausage and kale. Cook for an additional 15 minutes.

Soups and stews are more easily digested in the menstrual phase, and kale is also a good food to focus on at this time. Lentils are a good source of protein for the next follicular phase making it ideal for leftovers.

