

• Spicy Lentil Soup

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 red bell pepper, chopped
- 5 cloves garlic, sliced
- 5 cups water
- 1 cup dried lentils
- 1 can (28 oz.) crushed tomatoes
- 2 bay leaves
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste
- 4 whole wheat dinner rolls

Heat oil in large saucepan over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Stir in

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carrot, bell pepper, and garlic; cook 3 minutes. Stir in remaining ingredients except salt, pepper, and rolls; bring to boil over high heat. Reduce heat; simmer, uncovered, 25 to 30 minutes or until lentils and veggies are tender. Season to taste with salt and pepper. Remove bay leaves. Serve with rolls.