FARMERS' MARKET SOUP

PAGE 139 • BEST BY:

Directions Soup can be cooked when frozen or thawed. **Slow cooker:** Put soup into a slow cooker. Add 2 cups water. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. **Stovetop:** Put soup into pot. Add 2 cups water. Simmer over medium heat until lentils and vegetables are tender, about 40 minutes. Add additional water during cooking if desired.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

FARMERS' MARKET SOUP

PAGE 139 • BEST BY:

Directions Soup can be cooked when frozen or thawed. **Slow cooker:** Put soup into a slow cooker. Add 2 cups water. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. **Stovetop:** Put soup into pot. Add 2 cups water. Simmer over medium heat until lentils and vegetables are tender, about 40 minutes. Add additional water during cooking if desired.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

FARMERS' MARKET SOUP

PAGE 139 • BEST BY:

Directions Soup can be cooked when frozen or thawed. **Slow cooker:** Put soup into a slow cooker. Add 2 cups water. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. **Stovetop:** Put soup into pot. Add 2 cups water. Simmer over medium heat until lentils and vegetables are tender, about 40 minutes. Add additional water during cooking if desired.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

FARMERS' MARKET SOUP

PAGE 139 • BEST BY:

Directions Soup can be cooked when frozen or thawed. **Slow cooker:** Put soup into a slow cooker. Add 2 cups water. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. **Stovetop:** Put soup into pot. Add 2 cups water. Simmer over medium heat until lentils and vegetables are tender, about 40 minutes. Add additional water during cooking if desired.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

FARMERS' MARKET SOUP

PAGE 139 • BEST BY:

Directions Soup can be cooked when frozen or thawed. **Slow cooker:** Put soup into a slow cooker. Add 2 cups water. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. **Stovetop:** Put soup into pot. Add 2 cups water. Simmer over medium heat until lentils and vegetables are tender, about 40 minutes. Add additional water during cooking if desired.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

FARMERS' MARKET SOUP

PAGE 139 • BEST BY:

Directions Soup can be cooked when frozen or thawed. **Slow cooker:** Put soup into a slow cooker. Add 2 cups water. Cook on low for 6 to 8 hours or on high for 3 to 4 hours. **Stovetop:** Put soup into pot. Add 2 cups water. Simmer over medium heat until lentils and vegetables are tender, about 40 minutes. Add additional water during cooking if desired.

Recipe from *Fix, Freeze, Feast,* 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing