



LENTIL & NOPAL SOUP

SERVES 4

INGREDIENTS:

- ½ cup (4 oz.) of Latin Specialties Nopalitos
- ½ lb. lentils (rinsed)
- ½ medium white onion (roughly chopped)
- 2 roma tomatoes (roughly chopped)
- ½ cup of cilantro (chopped)
- 1 whole garlic (peeled and cloves left whole)
- 1 whole green jalapeño pepper (stem removed)
- 6 cups (48 oz.) of water (add more as necessary)
- * Salt, ground pepper, onion powder or other spices of your liking to taste

INSTRUCTIONS:

1. Bring water to a boil over medium-high heat in a 2-quart saucepan.
2. Add soup ingredients when water has come to a boil.
3. Reduce the heat to low and add all of the ingredients.
4. Cover saucepan and simmer for 45 minutes or until the lentils are soft.

NOTE:

- * Garlic cloves and whole green jalapeño pepper are added for flavor only.
- * Remove garlic cloves and jalapeño after soup is fully cooked and before serving.

