



LENTIL & NOPAL SOUP



SERVES 4

INGREDIENTS:

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

1. Bring water to a boil on medium high heat in a 2 quart saucepan before adding soup ingredients.
2. Reduce the heat to low and add all of the ingredients.
3. 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 cloves and pepper after soup is fully cooked and before serving.