



# COOK ALONG RECIPE:

## Red Lentil Soup



### SHOPPING LIST



- Olive oil - 1 Tablespoon



- Carrots - 1 large



- Celery - 2 medium stalks



- Red lentils - 1 cup



- Crushed Tomato - 2 cups



- Garlic - 3 cloves



- Salt - as needed



- Dried coriander & dried cumin- 1/4 teaspoon each

### PREP LIST

- Measure all ingredients
- Dice carrot and celery
- Mince garlic
- Have 2 cups of water in a pitcher

### FINE MOTOR SKILLS



- Sprinkling
- Mixing
- Pouring

### RECIPE

**1**

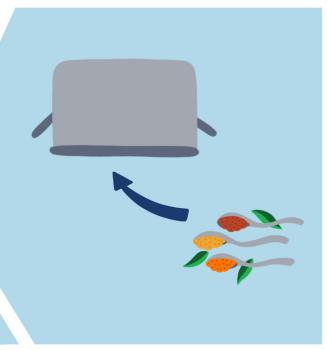
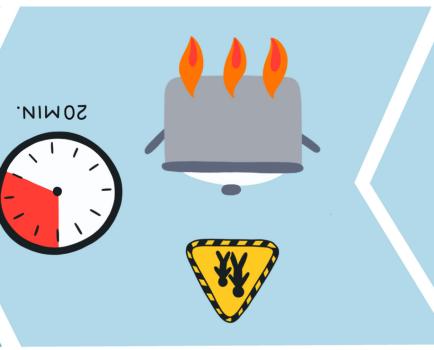
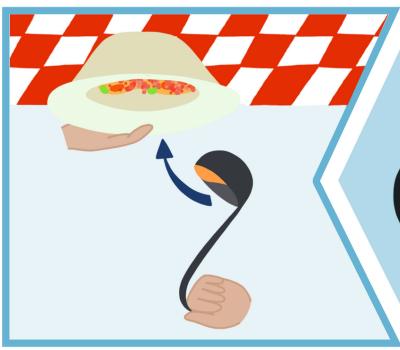
In a large pot, combine the olive oil, carrots, celery, lentils, crushed tomato and garlic. Mix to combine.

**2**

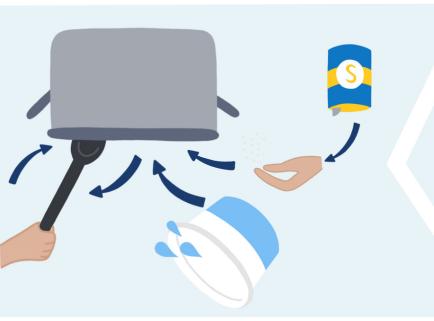
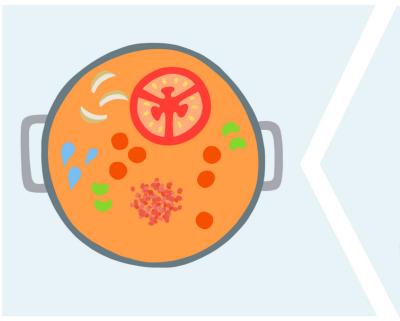
Fill the container with 2 cups of water and add to the pot. Add in 3 pinches of salt and mix well.

**3**

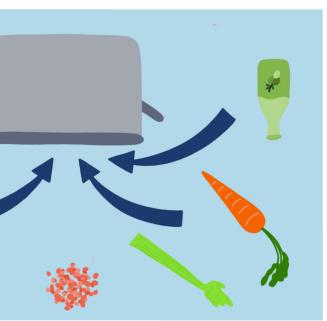
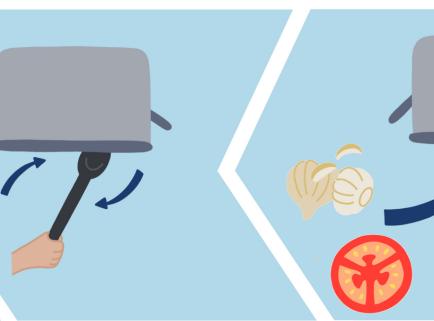
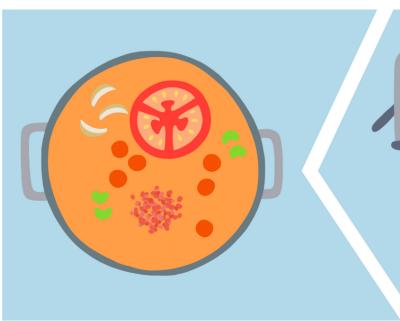
Add in the spices. Cover and simmer for 20 minutes, until the lentils are tender.



3



2



1

Fold

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## Tools:



Spoon



Pot



Lid

