

# *Homemade Lentil Soup Mix*

You'll also need:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 8 cups water
- 1 can coconut milk
- salt (to taste)

1. In a large pot over medium heat cook the onions for about 5 minutes in the olive oil, and then add the garlic. Cook for a total of about ten minutes, or until the onions are soft and turn translucent.
2. Add the water and soup mix to the pot and bring to a simmer. Turn down low, and cook until the lentils and rice are cooked and very soft (about 45 minutes).
3. Add the coconut milk, and bring back to a simmer, adding salt to taste, and serve. Enjoy!