

Why not warm up this winter with a *quick, easy* and *delicious* slow cooked meal!

Lentil Rice Soup

Ingredients:

2 cups dry lentils
2 cups uncooked long grain brown rice
1 cup carrots, chopped
1 cup shredded red cabbage
½ cup celery, chopped
½ onion, chopped
9 cups water
1 3" piece of wakame, cut into small pieces
1 clove garlic, minced
½ tsp dried basil
½ tsp dried thyme
½ tsp ground black pepper
1 tsp Herbamere
Dash of cayenne pepper (optional)

Directions:

Combine all ingredients in slow cooker, cover and cook on low setting for 7 to 8 hours.