

Rosemary Red Soup!

This was a favorite with my kids when they were smaller. It was one of the few things that was NOT mac and cheese that they would eat with the same level of enthusiasm and it's so healthy. It is also a beautiful color.

- 1 or 2 large beets, cubed and boiled
- 1 onion sautéed
- 2 medium sized carrots boiled
- 2 large bay leaves
- 1 cup red lentils
- pepper
- one sprig of rosemary
- Miso to taste

Sauté onions until lightly caramelized. Add enough water to cover the beets, carrots, red lentils, and herbs and boil until vegetables and lentils are tender. Pull out the herbs, add pepper and miso and blend until smooth. Yields a beautiful and tasty savory/sweet soup that is appealing to anyone with tastebuds and a love for folklore and fairy tales.

Solveig Gannon