

# LIVE WELL WATERTOWN



**Eat Well Watertown at the Watertown Council on Aging/Senior Center  
December 4, 2018**

## **Bean Medley Soup Mix 6 Servings**

### **Ingredients**

¼ cup red lentils

¼ cup green split peas

¼ cup yellow split peas

¼ cup black eyed peas

¼ Basmati rice

1 – 2 cloves of fresh garlic

1 medium onion, chopped small

2 carrots, chopped small

Olive oil, 2 to 4 TBSP (optional)

¼ tsp. fresh Ginger or a pinch of ground Ginger (optional)

½ tsp. Cumin

Salt and Pepper to taste

Optional herbs & spices: Coriander, Cayenne Pepper, fresh Cilantro and/or Parsley

6 cups of water

### **Directions**

**Easy method:** Rinse the beans and rice and pour into a 4 qt. or larger pot. Add the onion, carrot, garlic, ginger and cumin, 6 cups of water, and oil (if using it). Bring to a boil and then turn heat down to medium, cover and let the soup simmer for 40 minutes, or until tender. Add salt, pepper and optional seasonings to desired taste. Let sit for 5 to 10 minutes and serve.

**Alternate method:** Sautee the chopped onion, carrots, and garlic in 2 to 4 TBSP of olive oil on medium heat for 5 minutes. Add the beans, rice, spices, and water and follow cooking instructions above.