


ESAU'S SPICY RED POTTAGE

serves 10-12

10 C. water 2 C. dried red lentils 1 tsp. cumin	Combine and heat to boiling in large pot. Lower heat and simmer for 45 min.
2 T. olive oil 1 small onion, chopped 1 garlic bulb, chopped 1 red bell pepper, chopped 1 rib celery & leaves, chopped 1 T. curry powder 1/4 tsp. crushed red peppers 1 tsp. cayenne pepper	Sauté vegetables and spices in skillet over medium heat. Stir fry about 7 minutes. Add to soup and stir in. Pureé in small amounts in Vitamix or blender until all is smooth. Pour into crock pot.
1 6-oz. can tomato paste 3 c. chopped fresh or canned tomatoes 	Add tomato paste to soup and stir until blended. Then add tomatoes. Cook on low for 2 to six hours to marinate flavors. Serve with fresh homemade bread or biscuits.