

Chicken Lentil Soup

Yields: 3-4 servings

Main ingredients:

6oz chicken breast, diced
1 cup lentils (rinsed and sorted)
2 celery stalks chopped
2 carrots chopped
1 medium onion diced
2 cloves freshly minced garlic
15 oz diced tomatoes
32 oz chicken broth
1 cup of freshly chopped parsley
1 tbsp olive oil
ground black pepper
1 tbsp *Hawaii Kai's Lemon Sea Salt*



Directions:

1. Heat a skillet or casserole pan over medium-low heat then add 1 tbsp of olive oil, diced chicken, onion, *Hawaii Kai's Lemon Sea Salt* and a tsp of black pepper. Stir fry them for about 5 minutes until they're cooked, stirring occasionally
2. Add the tomatoes, parsley and lentils and cook for additional 3-4 minutes and then pour the chicken broth
3. Cover the pan with the lid on and let it simmer in medium low heat for about 45 minutes
4. Serve the soup in a bowl and garnish with additional parsley

*** *Try using Hawaii Kai's Lemon Sea Salt to make desserts, on rims of cocktail drinks, on fresh fruits and seafood!*

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