

# Mental Lentil

## \* Slow Cooker Friendly \*

- 32 oz Broth (your choice)  
or 16 oz of Dark Beer + 16 oz Water

- 1 Can Tomatoes - Do Not DRAIN

- 1 Pack Lady Edison Chorizo -  
diced

- 1 c. Dried Lentils, rinsed

- 2 Carrots, chopped + topped

- 1/2 teaspoon dried thyme

- 2 cloves garlic minced

- 1 teaspoon Sumac

Combine ALL in slow cooker.  
Cook 8-10 hours.

Serve hot with dollop of plain  
yogurt and fresh chives or  
serve with Brown Rice.

Salt +  
pepper  
to  
taste