

Athena's Lentil Soup  
Submitted by Athena Burke

**Ingredients and Directions:**

Fill pot with 3/4 water

Add 1 1/2 cups lentils

Add crushed garlic

2 large bay leaves

Chopped carrots (diced)—as many as you like

Salt and Pepper

Cover: cook until tender. (If it looks thick, add water)

*“A life of fasting, properly understood as general self-limitation and abstinence, to the annual practice of which the Church always calls us with the Great Lent, is really that bearing of the cross and self-crucifixion which is required of us by our calling as Christians. And anyone who stubbornly resists this, wanting to live a carefree, happy, and free life, is concerned for sensual pleasures and avoids sorrow and suffering that person is not a Christian. Bearing one's cross is the natural way of every true Christian, without which there is no Christianity”.*

*Archbishop Averky of Syracuse (of Blessed Memory)*