Lentil Soup

Ingredients:
- 1 pound dried lentils
- 1 onion
- 1 carrot
- 2 cloves garlic
- 8 cups water
- 15 ounces beef consommé, or 1 bouillon cube
- Pepper, to taste
- 1 bay leaf

Equipment:
- Cutting board
- Knife
- Large saucepan with lid
- Measuring cups
- Mixing spoon

Directions
1. Rinse lentils and put in a large saucepan.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to saucepan.
3. Wash a carrot and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Add to saucepan.
4. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to saucepan.
5. Add water, beef consommé, pepper and bay leaf to lentils. Bring to a boil.
6. Turn down heat and simmer until lentils are tender, about 1 1/2 hours.
7. Remove bay leaf. Serve or refrigerate or freeze for later use.
8. One cup diced celery or potato can be added with other vegetables.