

Lentil Soup

Serves Eight



Ingredients

- ¼ cup olive oil
- 2 cloves garlic, minced
- 2 cups brown onion, chopped
- 2 cups carrots, chopped
- 2 cups celery, chopped
- 2 bay leaves
- 2 teaspoons Kosher salt
- 1 teaspoon freshly ground pepper
- 2 cups dried lentils, rinsed well
- 2-quarts vegetable (or chicken) stock
- 4 cups water
- 2 cups fresh spinach
- ½ cup fresh lemon juice
- handful of fresh Italian parsley, chopped
- fine

Steps

- 1. In a large pot begin sauteing onion and garlic in olive oil over medium-high heat. Once onion is translucent add the carrots, celery, bay leaves, salt and pepper. Cook for another 5 minutes on high heat.
- 2. Add lentils, vegetable or chicken stock and water and bring it all to a rolling boil. Reduce the heat and continue to simmer for 45 minutes (or until the lentils are very tender and soup has thickened). Remove bay leaves.
- 3. Now add the fresh spinach and cook for another 10 minutes. Taste for seasoning (you may need to add more salt to your liking. Before serving add the fresh lemon juice and top with chopped parsley. Serve hot.