JOURNEY 4 TRIP 8

DELICIOUS RECIPES - LENTIL SOUP

LENTIL SOUP

INGREDIENTS



- 1 tbsp olive oil
- 1 yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 (14-oz) can diced tomatoes, with juice
- 2 cups dried brown or green lentils, rinsed
- 6 cups vegetable broth
- 1 tsp ground cumin
- 1 tsp dried thyme
- 1 bay leaf (optional)
- Salt and pepper to taste
- Fresh parsley or grated Parmesan for garnish (optional)

INSTRUCTIONS

1. Sauté the vegetables. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the chopped onion, carrots, and celery, and cook until softened, about 5–7 minutes. Add the garlic and cook for another minute until fragrant.

2. Combine and simmer. Stir in the tomatoes, rinsed lentils, vegetable broth, cumin, and thyme. Add the bay leaf if you are using one.

3. Cook the lentils. Bring the mixture to a boil, then reduce the heat to a simmer. Cover the pot and cook for 30–40 minutes, or until the lentils are tender.

4. Finish the soup. Remove the bay leaf. For a thicker consistency, use an immersion blender to briefly blend a portion of the soup. Season with salt and pepper to taste.

5. Serve. Ladle the soup into bowls and garnish with fresh parsley or Parmesan cheese, if desired.

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