

Recipe of the week

March 20, 2018



Lentil soup

Hearty. Nutritious. Delicious. This lentil soup is great on its own—but serving it with warm cornbread adds another dimension. Gather the ingredients, put them in a pot, and enjoy!

Ingredients

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 can, crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach (rinsed and sliced)
- 2 tablespoons vinegar
- Salt and pepper

Directions

1. In large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour.
3. When ready to serve, stir in spinach and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper. Add more vinegar if desired.

Recipe adapted from the All Recipes