

Lentil Soup – The BEST Recipe!

Total Time: 25m

Yield: 5 cups

Ingredients

1/2 a large onion, diced 1 1/2 tbsp oil (can be omitted for fat free)
1/4 cup chopped celery 14 oz chopped tomatoes 14 oz vegetable broth
1 1/2 cups cooked or canned lentils 1/4 cup chopped carrots
1/4 cup uncooked pearl barley or rice 1 tsp salt 1/2 tsp dried rosemary
optional pepper to taste

Instructions

To make the soup: either sauté onion in oil or just combine it with the celery, tomatoes, and broth. Bring to a boil over medium-high heat. Pulverize. Then add all remaining ingredients, lower to a simmer, and cover. Simmer 25 minutes or until carrots and barley are tender. Taste, and add additional seasonings if desired. If you try the recipe, don't forget to leave a comment or rate it below!

*Notes: I usually add the oil for its rich flavor, but especially if you're used to low-fat soups, this one is still good without it. The 1/4 cup barley adds thickness to the soup by soaking up some of the liquid during cooking. If using dried lentils, cook them before starting the soup. (If using canned lentils, drain and rinse first.) Canned diced tomatoes are fine; you just might want to cut back on the salt in the recipe if using tomatoes with salt.

[View Nutrition Facts](#)

[About Katie](#) / [Privacy](#) / [Recipe Index](#)

Recipe From ChocolateCoveredKatie.com