

Hearty Lentil Soup

Servings: 6 servings

Ingredients

- 8 cups water
- 1 medium yellow or white onion, chopped
- 3 medium carrots, chopped
- 3 stalks celery, chopped
- 3 cloves of garlic, minced
- 3 cups brown lentils, rinsed
- 15 oz. diced tomatoes, undrained
- 3 vegetable bouillon cubes
- 2 tsp. each salt, black pepper, ground cumin, & dried thyme
- 5 bay leaves
- optional: crushed red pepper, spinach, kale, lemon juice, other veggies

Instructions

1. Place a medium or large pot on stove over high heat. Add chopped onion, celery and carrots. Cook for 4-5 minutes, stirring regularly. Turn heat to medium.
2. Add garlic. Stir for less than 1 minute. Add all seasoning. Stir for a few seconds.
3. Pour in water and all remaining ingredients. Bring to a boil. Stir to allow vegetable bouillon cubes to start to break apart. Turn heat back down to medium-low and lightly simmer for 45 minutes, or until lentils are tender.
4. (Optional) Chop fresh spinach or kale and add to soup to allow the greens to wilt. Add crushed red pepper for a kick.
5. Store leftover soup in the fridge for up to 5 days, or freeze in large containers or pint-size mason jars for individual servings up to 3 months.

