



PO Box 675 |Roseburg, OR 97470| 541-378-6359 |StayFresh@ucveg.com|ucveg.org

Hearty Lentil Soup

Servings: 6 servings

Ingredients

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

Instructions

1. Place a medium or large pot on the stove over medium-high heat. Add chopped onion, celery and carrots. Cook for 4-5 minutes, stirring regularly. Reduce heat to medium.
2. Add garlic. Stir for less than 1 minute.
3. Pour in the water and all remaining ingredients. Bring to a boil. Stir to help the vegetable bouillon cubes disperse. Reduce heat to medium-low and 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 for up to 3 months in large containers or [pint-size mason jars](#).