

Red Lentil Soup

Lentil soup is soothing, simple and so easy to pull together with the bare minimum of ingredients.

Ingredients:

- 1 Tbsp olive oil
- 1 large carrot, finely chopped
- 2 ribs of celery, finely chopped
- 1 small onion, diced
- 1 clove garlic, minced
- ¼ tsp salt
- ½ tsp dry oregano
- Pinch red pepper flakes (optional)
- 1 c. red lentils
- 4 c. no salt added chicken or vegetable stock
- 1 whole fresh bay leaf
- 2 Tbsp lemon juice

In a medium (2-3 qt.), saucepan, heat olive oil over medium heat. Add carrot, onion, celery, minced garlic and ¼ tsp salt. Stir to combine. Season with dry Italian seasoning and, if using, pinch or two of red pepper flakes. Cover and let vegetables sweat until onion are soft and translucent, about 5 minutes.

Add lentils, stock and bay leaf. Bring to a boil, reduce heat to low and let simmer, covered, until lentils begin to fall apart, about 20 minutes.

Turn off heat, remove bay leaf, squeeze in juice of 1 lemon, stir to combine. Taste for seasoning and salt and pepper to taste. Serve hot with thick sliced crusty bread for dipping as well as a variety of toppings such as peppery oil, pesto, tangy yogurt or gremolata, a traditional Italian condiment of chopped fresh parsley, minced garlic and lemon zest, recipe for which can be found under the 'Everything Else' section of www.kimscookology.com

Kim's Cookology