RECIPE

Lentil Soup

A thick, vegan dinner soup of brown lentils, carrots and tomatoes, with a squeeze of lemon to brighten it.

MAKES

6 servings US Metric

TOTAL

1 h 5 min

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion (about 4 oz), peeled and chopped
- [ ] 2 medium carrots (about 4 oz), peeled and chopped
- [ ] 2 stalks celery, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 ½ tsp ground cumin
- [ ] ½ tsp smoked paprika
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 1 cup dry brown or green lentils, rinsed
- [ ] 6 cups no-salt-added vegetable broth
- [ ] 1 bay leaf
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 3 cups packed baby spinach

Method

1. Set a large pot on medium and warm the oil. Add the onion, carrots and celery with a pinch of the salt. Cook, stirring, about 8 minutes, until the onion is soft and just starting to turn gold.

2. Stir in the garlic, cumin and paprika for 30 seconds, until you can smell them. Add the tomatoes with their juice and cook 3 minutes, stirring, until the juice thickens a little.

3. Add the lentils, broth, bay leaf, the rest of the salt and the pepper. Bring to a boil, then turn the heat down so it just bubbles. Cover the pot, leaving the lid a little open.

4. Simmer 35 to 40 minutes, until the lentils are soft all the way through. A mile up this takes about a quarter longer than at sea level. Press a few against the side of the pot with the back of a spoon to thicken the soup.

- [ ] 1 tbsp lemon juice

5. Stir in the spinach and cook 2 minutes, until it wilts. Take out the bay leaf, stir in the lemon juice, and taste. Add salt or more lemon until it tastes bright.

6. Cool no more than 2 hours, then refrigerate, covered, up to 4 days. Reheat to a boil, adding a splash of water, since the lentils thicken the soup as it sits.