

Lentil Vegetable Soup



This has to be one of my favorite soups ever! I saw Ina Garten make this soup one afternoon while watching her show *The Barefoot Contessa*. It sounded lovely. I thought if I just switched out the chicken stock she used for vegetable stock, it just might work. I was right...it was perfect! Below is her recipe with the substituted vegetable stock.

Lentil Vegetable Soup

- 1 pound green lentils
- 3 large onions, chopped
- 2 leeks, chopped and cleaned
- 1 1/2 tsp of fresh ground black pepper
- 1 tablespoon of garlic
- 1/4 cup extra virgin olive oil
- 1 tablespoon kosher salt
- 1 tsp thyme leaves
- 1 teaspoon cumin
- 8 stalks of celery, chopped
- 4-6 carrots, chopped
- 3 quarts vegetable stock
- 1/4 cup tomato paste

Directions:

In a large bowl, cover the lentils with boiling water and allow to sit for 15

minutes. Drain.

In a large stock pot, on medium heat, saute the onions, leeks and garlic with the olive oil, salt pepper, thyme, and cumin for about 15 minutes until translucent. Add the celery and the carrots and saute for about 10 more minutes. Add the vegetable stock, tomato paste, and lentils. Cover and bring to a boil. reduce and simmer uncovered for 1 hour, until the lentils are cooked through. Check the seasonings. Serve with my vegan garlic bread!