

VEGGIE LENTIL SOUP

PREP TIME: ~2 HRS INCLUDING SIMMER

Ingredients:

Onion
Celery
Carrots
Olive Oil
Garlic
Dried turmeric & cumin
1 can diced tomatoes
Vegetable broth
Fresh parsley
Dried thyme, oregano
Salt & pepper
Lentils
2-3 potatoes
Spinach

*measure everything with your heart

Directions:

In a large pot, sauté diced onion, celery, and carrots with olive oil for 10 minutes on medium heat. Add crushed garlic, dried turmeric, and cumin. Fry for 2-3 more minutes.

Add a can of diced tomato, vegetable broth, fresh parsley (chopped), dried thyme, dried oregano, salt & pepper, lentils and diced potatoes to the pot. Make sure everything is covered by the broth. If you do not have enough broth, add water. Let simmer on low-medium heat until veggies are soft.

Use an immersion blender to slightly blend everything. You are not creating a purée, but are combining everything a little bit. Add spinach. Continue to simmer until the spinach is softened and you are ready to eat!