

Lentil Soup

Ingredients

- 1-pound lentils
- 1 bay leaf
- 3 large carrots, peeled and sliced
- 2 stalks celery, chopped
- 1 large onion, chopped
- ½ teaspoon cumin powder
- 2 cups crushed tomatoes (fresh or canned)
- 2 tablespoons extra-virgin olive oil
- Salt and pepper to taste



Directions

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1. Clean the lentils to remove any stones or dirt. Rinse them well in cold water and place in a large pot with enough cold water to cover lentils by six inches. Add the bay leaf and bring to a boil. Keep an eye on the lentils and remove any foam from the water, then lower heat and boil gently, partially covered, until lentils are just tender, 20-30 minutes.
2. Add carrots, celery, cumin and onion to the lentils. Cook partially covered until the carrots are tender, about 20-30 minutes.
3. Add crushed tomatoes, olive oil, salt and pepper to taste. Simmer, partially covered, until lentils become very creamy and soft. Stir occasionally and add boiling water if necessary to prevent sticking.
4. Remove bay leaf before serving.

