

Lentil- Vegetable Soup

Ingredients

2 Tbsp olive oil	1 tsp each smoked paprika and cumin
½ large yellow onion, finely diced	1 14 oz can diced tomatoes, undrained
1-2 large carrots, finely diced	1 lb dried green or brown lentils, picked over and rinsed
1 large celery stalk, finely diced	7 ¾ c lower-sodium vegetable or chicken broth
1½ tsp kosher salt	optional: 3 c baby spinach, roughly chopped

Directions

Heat oil in large Dutch oven over medium heat; sauté onion, carrot, celery and salt for 7 minutes. Add the paprika and cumin and sauté 1 minute more. Stir in the tomatoes and juices, lentils and broth, and bring to a boil. Reduce the heat to medium-low, cover, and simmer until the lentils are tender, about 40 minutes. Once the lentils are tender, remove 1½-3 c of lentils and vegetables and puree in a blender; return puree to soup. If desired, add the spinach and simmer until wilted, 2 minutes longer. Serves 8

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