

COMFORTING LENTIL & SPINACH SOUP

adapted from reciptineats.com

Yield: 6 servings

Prep Time: ~10 minutes

Cook Time: ~35 minutes

Storage: refrigerate up to 4 days; freeze for 1 month



Ingredients

- 2 tablespoons oil of your choice
- 1 onion, diced
- 2 cloves garlic, minced
- 3 celery stalks, diced (about 1 1/4 cups)
- 1 - 2 large carrots, diced (about 1 1/4 cups)
- 2 cups dried red lentils, rinsed well
- 1 14-oz can crushed tomatoes
- 6 cups vegetable or chicken stock
- 1 1/2 teaspoon paprika powder
- 1/2 teaspoon each of ground cumin + ground coriander
- 1/4 teaspoon pepper, or to taste
- 2 dried bay leaves
- 1/4 - 1/2 teaspoon salt, or to taste
- 2 - 3 cups baby spinach or baby kale
- Zest and juice of 1 lemon

Directions

1. Heat oil in a large pot over medium heat. Add garlic and onion and sauté for 2 minutes.
2. Add celery and carrot. Cook for 8 - 10 minutes or until vegetables are softened and starting to brown. Don't rush this step, it is key to the flavor of the soup.
3. Add all remaining ingredients except for the salt, lemon and kale. Stir to combine.
4. Turn up the heat and bring the soup to a simmer. Once simmering, place the lid on and turn the heat down to medium-low. Simmer for about 20 minutes or until lentils are cooked through.
5. Remove the 2 bay leaves from the pot.
6. Optional step to thicken soup: Use an immersion blender and do 3 quick whizzes to thicken the soup right in the pot. Or transfer about 2 cups of soup to a blender and blend on low before transferring back into the pot.

7. Add a touch of water if you want a thinner consistency to your soup. Add the salt.
8. Add spinach or kale. Cook for 1 - 3 minutes, or until the greens are wilted. Turn off the heat.
9. Add a bit of lemon zest and a squeeze of lemon juice just before serving. Enjoy!