

# Herbed Lentil Soup



**Prep:** 15 minutes

**Cook:** 45 minutes

**Yield:** 4 servings

*Chef Suzanne Landry*

- 1 tablespoon olive oil
- 1 small onion diced (about 1 cup)
- 2 carrots chopped (about 1 cup)
- 1 stalk celery chopped (about 1/2 cup)
- 1 cup dry brown lentils rinsed and drained
- 4 cups water (more as needed)
- 3 bay leaves
- 1/2 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



## Optional

- 2 scallions-diced (about 1/4 cup)
- Add additional veggies (about 1/2 cup): butternut squash, string beans, yams, red pepper, diced tomatoes, or parsnips.

1. Unlike most beans, lentils do not need to be pre-soaked. However, soaking will cut down on cooking time. Pre-soak overnight or at least several hours. This recipe is using un-soaked lentils. Rinse and drain lentils and set aside for now.
2. Preheat oil in large pot and sauté onions on medium heat for 2-3 minutes. Add carrots, celery and optional veggies (except tomatoes) if using. Sauté for 5 minutes to increase flavor. Add lentils, 4 cups water and bay leaves. Cover and bring to a boil and then lower to medium heat and simmer for 30 minutes.
3. Add sage, thyme, soy sauce, salt and pepper. If you are adding the optional diced tomatoes, add them now. Check soup and add more water if necessary. Continue simmering on medium heat for 15 minutes or more or until lentils have softened.
4. Adjust seasoning to your own individual taste. Remove and discard bay leaves. Garnish with scallions and serve.

*Chef's Notes:* If you pre-soak an onion for 10 minutes in either warm or cold water before you peel or chop, you will avoid irritated eyes and the onion will peel much easier.

Add salt to beans only when they are at least mostly tender, otherwise they will toughen. However, dried herbs or spices can be added in the beginning of cooking if desired.