

Common Sense COOKING

Lentil Soup

1/2 cup extra virgin olive oil (8 Tbs)

Vegetables:

1 small red onion, chopped (about ½ cup)

½ cup chopped carrots

½ cup celery

1 ½ cups dry lentils (red lentils make a thicker soup)

6 cups vegetable broth (can be made with bouillon cubes)

Herbs that will add a great flavor, but are not essential:

Sprig of fresh thyme, 2-3 bay leaves

1. Heat about 4 Tbs of the olive oil on medium in a large soup pan.
2. Add the onions, stir to coat with oil and cook for about 5 minutes.
3. Add the rest of the olive oil and the carrots and celery, stir to mix in, reduce the heat to low and cook for about 25 minutes. You can salt and pepper the vegetables, if you like.
4. Add the vegetable broth, lentils and the herbs. Raise heat to medium high and bring to a boil. Reduce heat to low, cover and cook for 45 minutes.

You can add cooked brown rice, potatoes, barley, etc to the soup. Remember to figure in the extra calories from the starch.

The soup can be frozen in individual servings.

Calories per cup (8 total) - 230