

RECIPE



Hearty Lentil Soup

16 oz dried lentils
6-7 cups low sodium broth or water
3 T extra virgin olive oil (EVOO)
6 or more cloves of garlic
5 stalks celery with leaves
3 carrots
2 medium onions
1 bay leaf
2 tsp thyme
1 tsp basil
4-5 sprigs of parsley
8 oz fresh spinach
Pepper to taste

Soak & rinse lentils in water. Add EVOO to large pot. Chop up garlic, celery, onions, carrots and add to pot! Cook on medium heat until tender. Add herbs & parsley. Add pepper to taste. Add chicken broth or water. Add rinsed lentil & bring to a boil. Reduce to simmer and wait until lentils cook, about 40 minutes more. Add 8 oz fresh spinach with stems before serving.

Flavors really meld together & the soup takes on more personality the next day!

Makes 8 servings @ 300 calories, 15 g protein, 7 g fat, 47 g carbs, 220 mg sodium, 13 g fiber