



Healthy Lentil Soup

Ingredients:

2 Tbs. olive oil
1 C. finely chopped shallot
2 cloves finely chopped garlic
2 Tbs. tomato paste
1/2 lb. dry lentils
8 C. chicken broth (vegetable broth may be substituted)
Salt and freshly ground pepper to taste
1 bay leaf
1 tsp. each dried thyme and oregano
3 medium carrots, peeled and thinly sliced
2 celery stalks, thinly sliced
1 Tbs. red-wine vinegar
2 Tbs. chopped parsley

Directions:

Heat the olive oil in a deep saucepan. Add the shallots and garlic. Cook briefly, stirring, until they begin to soften. Do not brown.

Add tomato paste, lentils, carrots, broth, salt, pepper, bay leaf, thyme and oregano. Simmer for 30-45 minutes.

Add red wine vinegar and continue cooking for 20 minutes. Season to taste with salt and pepper, garnish with parsley before serving.