

Traditional Lentil Soup

Ingredients

- 1 yellow onion chopped
- ¼ cup olive oil
- 2 carrots diced
- 2 celery stalks chopped
- 2-3 cloves garlic (minced)
1 tsp dried oregano
- 1 bay leaf
- 1 tsp dried basil
- 1 (14.5 ounce) can of crushed tomatoes
- 2 cups dried lentils
- 8 cups water
- ½ cup spinach (Baby or regular)
- 2 TBL of vinegar (Red wine is fine)
- Salt & Pepper to taste

Instructions

- In a large sauce pan heat oil over medium heat. Add onions, carrots, and celery and cook until onion is clear and tender. Lightly salt and pepper
- Add garlic and all dried spices (Oregano, Bay Leaf, Basil) and stir about 2 minutes.
- Stir in lentils (I like to stir them for about a minute or two so they are coated well)
- Add water and tomatoes.
- Bring to a boil then reduce heat to simmer for AT LEAST an hour...sometimes it takes over that for the right tenderness.
- Stir every 15 minutes or so.
- Once lentils are tender, you can add spinach and the vinegar and cook until wilted
- SERVE