
Lentil Soup with Cabernet

Windsor Family Cookbook

Windsor Vineyards, Windsor CA

Servings: 4

1/4 cup olive oil
1 large onion, chopped
2 stalks celery, chopped
1 clove garlic, chopped
1 cup lentils, rinsed
6 cups water
1 large carrot, shredded
1 large potato, diced
1 can (16 ounce) tomatoes, chopped
1 cup Cabernet Sauvignon
salt
pepper
green olives (for garnish) (optional)
parsley (for garnish) (optional)
chopped walnuts (for garnish) (optional)

In a large kettle, heat the olive oil. Add the onion, celery and garlic. Saute' until lightly browned.

Add the lentils, water, carrot, potato, tomatoes, wine, salt and pepper. Cover and simmer for one hour until the vegetables are tender. Add salt and pepper to taste.

Garnish with green olives, parsley and chopped walnuts before serving, if desired.

Soups, Chili, Stew

Per Serving (excluding unknown items): 377 Calories; 14g Fat (36.5% calories from fat); 15g Protein; 40g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 82mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fat.