

# **Lentil Soup**

Joseph Erdos - special to Tribune Media Services  
Palm Beach Post

**Servings: 6**

**2 tablespoons olive oil, plus more for drizzling**  
**1 large yellow onion, chopped**  
**2 cloves garlic, finely chopped**  
**2 medium carrots, diced**  
**2 stalks celery, diced**  
**1 can (15 oz) diced tomatoes**  
**10 cups chicken or vegetable stock**  
**1 pound lentils, picked through and rinsed**  
**3 sprigs fresh thyme, plus more for garnish**  
**1 bay leaf**  
**fine sea salt**  
**freshly ground black pepper**

Warm the oil in a large pot set over medium-high heat.

Add the onions and garlic. Cook until soft and translucent, about 5 minutes.

Add the carrots and celery. Cook until almost browned, about 15 minutes.

Add the tomatoes, stock, lentils, thyme and bay leaf. Bring to a boil. Season with salt and pepper.

Reduce the heat to medium-low. Cover and simmer until the lentils are tender, about 35 to 45 minutes.

Check the seasoning. Using a blender, puree' one-third of the soup.

Serve drizzled with olive oil and garnished with thyme sprigs.

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Per Serving (excluding unknown items): 283 Calories; 1g Fat (2.8% calories from fat); 22g Protein; 49g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1 Vegetable.