

Lentil Soup

Preparation Time: 75 minutes

Serves 4

Ingredients

1 tbl Extra Light olive oil
½ cup chopped onion
¼ cup finely chopped celery
1 tsp kosher salt
½ pound lentils, picked and rinsed
½ cup tomatoes, peeled and chopped
32 oz vegetable broth (or chicken)
1/4 tsp ground coriander
1/4 tsp ground cumin

Directions

Heat olive oil in a 3-quart saucepan over medium heat.

Add the onion, celery and salt. Cook until the onions are translucent, about 5 to 7 minutes. Add lentils, tomatoes, broth, coriander, and cumin. Stir to combine. Turn heat to high and bring to a boil. Reduce heat to low, cover and cook until lentils are tender. About 35 to 40 minutes. Puree to your preferred consistency with a stick or traditional blender.