

# Simple Lentil Soup

**Easy, packed with potassium, versatile and nutritious**

## **Ingredients:**

¼ cup extra-virgin olive oil

1 large onion, diced

2 carrots, diced

3 cloves garlic, minced

2 Tablespoons tomato paste

2 Bay leaves

½ lb. (1 ¼ cups) black, green, brown, or red lentils. Be sure to rinse for two minutes.

1 – 15 oz can reduced-sodium tomatoes

1 pinch salt; or salt to taste

Freshly ground black pepper, to taste.

## **Directions:**

1. In a large heavy pot over medium heat, heat olive oil until shimmering. Sauté the onion and carrots until lightly browned, 5—7 minutes. Stir in the garlic, tomato sauce, and bay leaves. Cook, stirring for 1 minutes.
2. Stir in the lentils, tomatoes, and 5 cups water. Bring to a boil over high heat. Reduce the heat to medium-low and simmer, stirring occasionally, until the lentils are tender, 25-30 minutes (15 minutes for red lentils).
3. Remove and discard the bay leaves.
4. Optional: For a smoother consistency, puree some or all of the soup with a hand blender.
5. Season with salt and pepper.