

Making it delicious

Lentil Vegetable Soup



Ingredients

- 1 ½ cups dry lentils
- Olive oil
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 2 bay leaves
- 2 cups potatoes, diced
- 2 carrots
- 4 cups butternut squash, or other veggies*
- 1 tsp. Salt
- 1 tsp. Paprika
- 8 cups broth or water
- 1 bunch kale, spinach, etc.

*Parsnips, zucchini, green beans, cauliflower, etc.



Recipe adapted from www.nourishedkitchen.com

Instructions

- Rinse & drain the lentils. Peel & dice the vegetables.
- In a large pot over medium heat, heat the olive oil. Stir in the onions, and cook them until fragrant and translucent.
- Stir in the potatoes, carrots, and butternut squash.
- Stir in the salt, cover, and cook 6-8 minutes, stirring occasionally.
- Add softer veggies; cook for another 5-8 minutes.
- Stir in lentils, broth or water, paprika, and bay leaves. Bring to a boil, then simmer, uncovered, for 20 - 25 minutes until lentils and vegetables are tender. Remove the bay leaves.
- Turn off the heat, and stir in the greens. Cover and let sit for about 5 minutes.