

Italian Lentil Soup

Ingredients:

15 ml extra-virgin olive oil
250 ml diced white onion (about 1/2 large onion)
125 ml diced carrots (about 1 large carrot, peeled)
125 ml diced celery (about 1 celery stalk)
2 cloves garlic, peeled and minced
700 ml vegetable or chicken stock
125 ml rinsed red lentils
½ 15 ounce can fire-roasted diced tomatoes
1 bay leaf
2 ml dried thyme
1 ml freshly-ground black pepper
pinch of crushed red pepper
250 ml roughly-chopped bok choy or spinach



- optional toppings: freshly-grated Parmesan cheese, finely-chopped fresh parsley or basil

Directions:

1. Heat oil in a large stockpot over medium heat. Add onion, carrots and celery, and saute for 6-7 minutes, stirring occasionally, until the onion is soft and translucent. Add the garlic and saute for an additional 1-2 minutes until fragrant, stirring occasionally.
2. Add the stock, lentils, tomatoes, bay leaf, thyme, black pepper, and crushed pepper, and stir to combine. Continue cooking until the mixture reaches a simmer.
3. Reduce heat to medium-low and cover the pot partially with the lid. Keeping the soup at a low simmer, continue cooking for about 25-30 minutes or until the lentils are tender and cooked through, stirring occasionally.
4. Stir in the bok choy/spinach, and continue cooking for 4- 5 minutes or until the stalks on the bok choy have softened. If using spinach, add and cook ONLY for 1 minute.
5. Taste, and season with additional salt and pepper if needed. Remove the bay leaf and serve.