

Lentil Soup

Family Friendly - One Pot Meal

Vegan - High Protein

Servings: 6 (2 cup serving size)

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 2 Tbsp. **oil**
- 1 cup chopped **onion**
- 1/2 Tbsp. minced **garlic** (or 1/2 tsp garlic powder)
- 2 cups sliced **carrots**
- 2 **bay leaves** (or 1/2 tsp dried thyme)
- 1 can (28 oz.) **crushed tomatoes**
- 4 cups **vegetable broth**
- 4 cups **water**
- 1/2 tsp. **pepper, salt, dried thyme, and dried basil**
- 2 cups **lentils**, soaked for 8 hours

Directions

1. Presoak lentils for at least 8 hours. This helps them cook and helps with digestion. Not soaking will change the cooking time and the taste of the soup.
2. Rinse and drain soaked lentils.
3. In a pan, heat oil. Sauté onions and garlic for 2 minutes. Add celery and carrots. Sauté for an additional 5 minutes until onions and garlic are translucent.
4. Add soaked lentils, broth, water, tomatoes and spices.
5. Stir and bring to a boil. Once boiling, reduce and simmer for 15-20 minutes until lentils are tender and carrots are soft. Remove bay leaves.
6. If using a slow cooker, cook on low for 6-8 hours, or on High for 4 hours.