

Hearty Lentil Soup

Description

Summary

Yield: 6

Prep Time: 1 hour

Category: Soups

Cuisine: American

Ingredients

- 2 slices bacon chopped or 2 Tbsps Olive Oil
- 1 1/2 cups chopped onion
- 1 1/2 cups chopped carrots
- 4 cloves fresh garlic, peeled and chopped
- 1 can 14-oz diced tomatoes with juice
- 1 pkg 1-lb heb lentils (2 C dry)
- 1 tsp Italian Herb Blend
- 8 cups hot water or chicken broth

Instructions

Fry bacon, drain on paper towel and set aside. Discard all but 1 tbsp of bacon fat or use olive oil. Heat bacon fat or oil in a soup pot over medium heat for two minutes and add onions, carrots and garlic. Stri-fry the mixture until onions are golden brown, about 8 minutes.

Add the diced tomatoes and their juice, lentils, and Italian seasoning. Reduce heat to low, cover and simmer for 35 minutes or until lentils are tender. Season to taste with salt and black pepper. Add crisp bacon if desired.

Serve the soup immediately or refrigerate overnight. Freezes well.

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Notes

Add-on: For zesty flavor, add 1/4 cup chopped cilantro and 1 jalapeno pepper seeded and chopped during the last 5 minutes of cooking time.