

Puy Lentil Soup With Tomatoes - Winter Is Comi..... Nope, Not Gonna Say It

Ingredients:

Difficulty: Easy
(serves 4-6)

2.5 dl (or 1 cup) raw puy lentils, first boiled for 5 minutes separately* and then drained
2 tbsp olive oil
1 large onion, diced small
2 medium size carrots, diced small
2 stalks of celery, diced small
2 garlic cloves, mashed
1 can diced tomato with juice (1 can: 400 gr.)
2 tbsp dried oregano
1/2 tsp freshly ground black pepper
1 tsp salt
1.5 lt (or 6 cups) vegetable broth (or water)

lemon juice, to drizzle on each bowl of soup (optional)

*Boiling instructions are in this recipe: <https://mydearkitcheninhelsinki.com/2018/08/31/puy-lentil-tabbouleh-ish-salad/>

Instructions:

1. In a large pot, put olive oil on medium high heat and let it warm for about 20 seconds. Add onion and sauté until translucent, for about 3-4 minutes.
2. Add carrots, celery and garlic and continue to cook by stirring for 2 minutes.
3. Add canned tomatoes and continue to cook by stirring for 2 more minutes.
4. Add cooked lentils, stir.
5. Add dried oregano, pepper and salt and stir.
6. Add vegetable broth (or water), stir and cover the lid to boil. I leave the lid of the pot ajar. When the soup starts boiling, turn down the heat to medium low and simmer for 25 minutes. The soup is ready when all the veggies are well cooked, but everything still retaining their texture (so don't overcook to make everything mashed!). Let the soup rest a little after cooking with the lid closed, then serve. Drizzle freshly squeezed lemon juice before eating, if you like. Enjoy!