

Lentil Soup

4 servings

6 Tablespoons	extra virgin olive oil *
1 medium	onion (red or white) chopped
1 cup	carrots, chopped
1 ½ cups	dry lentils (red lentils make a thicker soup)
8 cups	vegetable broth (can be made with bouillon cubes)
1 pound	potatoes, diced and cooked (about 2 baking potatoes)

Herbs that will add a great flavor, but are not essential:

Sprig of fresh thyme, 2-3 bay leaves

1. Heat about 4 Tbs of the olive oil on medium in a large soup pan.
2. Add the onions, stir to coat with oil and cook for about 5 minutes.
3. Add the rest of the olive oil and the carrots, stir to mix in, reduce the heat to low and cook for about 25 minutes. You can salt and pepper the vegetables, if you like.
4. Add the vegetable broth, lentils and the herbs. Raise heat to medium high and bring to a boil. Reduce heat to low, cover and cook for 45 minutes.

Add cooked potatoes and heat through.

Makes approximately 10 cups.

Approximate cost for the recipe: \$2.90 or 0.73 per serving