French Green Lentil Soup

Ingredients

- 2 tablespoons **extra virgin olive oil**
- 1 medium **onion** *chopped*
- 2 medium **carrots** *chopped*
- 2 ribs **celery** *chopped*
- 3 cloves **garlic** *minced or grated*
- 2 tablespoons **tomato paste**
- 2 **bay leaves**
- 1 teaspoon **dried thyme**
- 1 cup **French green lentils** *rinsed*
- 2 medium **potatoes** – *peeled and cut into bite-size pieces*
- 5 cups **vegetable broth**
- ½ teaspoon **salt** *plus more to taste*
- ¼ teaspoon **black pepper**
- 1½ tablespoons **red wine vinegar**

AT SERVING:

Serve hot with optional chopped parsley and a drizzle of olive oil

Method

Heat 2 tablespoons **extra virgin olive oil** in a large pot or Dutch oven over medium heat.

Add 1 medium **onion**, 2 medium **carrots**, and 2 ribs **celery** (all chopped) and cook for 7 to 8 minutes, stirring occasionally, until softened.

Stir in 3 cloves **garlic** (grated), 2 tablespoons **tomato paste**, 2 **bay leaves**, and 1 teaspoon **dried thyme**. Cook for 1 minute, stirring often.

Add the lentils and potatoes: Rinse 1 cup **French green lentils** well and cut 2 medium **potatoes** into small bite-size pieces, about ¾-inch cubes.

Add the lentils, potatoes, 5 cups **vegetable broth**, ½ teaspoon **salt**, and ¼ teaspoon **black pepper**. Stir and bring to a boil.

Reduce the heat and simmer gently, partially covered, for 30 to 35 minutes, stirring a couple of times.

The soup is ready when the lentils are tender and the potatoes are easily pierced with a fork. If it gets too thick, add a splash of broth or water.

Simmer the soup: Remove the bay leaves and stir in 1½ tablespoons **red wine vinegar**. Taste and add more salt, pepper, or vinegar if needed.

Notes

Recipe adapted from theplantbasedschool.com