

Lentil Soup

Makes 6–8 servings

Ingredients

- 3 slices of bacon, finely diced
- 2 chorizo sausages, diced (optional)
- 2 Tbs. olive oil
- ½ cup celery stalks, finely chopped
- ½ cup carrots, finely chopped
- 1 cup onions, finely diced
- 3 garlic cloves, finely chopped or crushed
- 1 lb. lentils, picked and rinsed
- 1 cup canned, crushed/chopped tomatoes
- 1 tsp. fresh thyme, chopped
- 1 bay leaf
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- 2 quarts chicken broth
- Salt and freshly ground pepper to taste
- 1 Tbs. chopped Italian parsley
- 6 oz. baby spinach leaves (optional)



Directions

1. Heat a soup pot over medium heat. Add the olive oil and the bacon. Sauté gently until the fat renders out of the bacon. Add the chorizo now, if using.
2. Add the celery, carrots and onions and cook until the onions are softened and translucent. Add the herbs and spices. Stir till fragrant, then add the tomatoes, lentils and chicken broth. Bring to a boil, then turn down and simmer for 35-40 minutes till the lentils are tender.
3. Season the soup to taste with salt and pepper. Using a potato masher, mash the lentils coarsely to desired consistency. Stir in chopped parsley and spinach leaves if using.