

Monthly
prize drawings!
Eat 40% Local
Facebook



Simply Seasonal

Simply Delicious Lentil Soup

Printing courtesy of First Alternative Co-op • firstalt.coop

Simply Delicious Lentil Soup

Ingredients

- 1/4 cup olive oil
- *1 large onion, chopped
- *1 carrot, chopped
- *1/2 sweet potato
- 1/2 tsp thyme
- 1/2 tsp marjoram
- 3 cups vegetable broth
- *1 cup dry lentils, washed
- 1 tsp salt
- 1/4 cup chopped parsley
- 1-lb. can tomatoes
- 1 Tbsp brown sugar
- *Grated cheese (optional)

*can be found locally

Directions

1. Heat olive oil in a large pot. Add onions, carrot and sweet potato and sauté for 3-5 minutes.
2. Add thyme and marjoram and sauté for another minute.
3. Add broth, lentils, salt, parsley, tomatoes, and sugar. Stir well.
4. Cook, covered, until lentils are tender (about 45 minutes).
5. Sprinkle each serving with grated cheese, if desired.