

Lentil Soup

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6 SERVINGS

INGREDIENTS

- **1 onion, chopped**
- **1/4 cup olive oil**
- **2 carrots, diced**
- **2 stalks celery, chopped**
- **2 cloves garlic, minced**
- **1 teaspoon dried oregano**
- **1 bay leaf**
- **1 teaspoon dried basil**
- **1 (14.5 ounce) can crushed tomatoes**
- **2 cups dry lentils**
- **8 cups water**
- **1/2 cup spinach, rinsed and thinly sliced**
- **2 tablespoons vinegar**
- **salt to taste**
- **ground black pepper to taste**

PREPARATION

1. **In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.**
2. **Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.**