

Vegan Lentil Soup

This simple vegan lentil soup recipe comes together quickly with mostly pantry ingredients. Be sure to have your ingredients prepped and ready before you start cooking! Recipe yields four big bowls of soup.

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings 4 - 6

Ingredients:

Amount	Ingredient	Cost – date:
¼ cup	Extra Virgin Olive Oil	
1	Onion, medium, chopped	
2	Carrots, peeled & chopped	
4 cloves	Garlic, minced or pressed	
2 tsp	Ground cumin	
1 tsp	Curry powder	
½ tsp	Dried thyme	
28 oz can	Diced tomatoes, drained	
1 cup	Brown or green lentils, picked over & rinsed	
4 cups	Vegetable broth	
2 cups	Water	
1 tsp	Salt (more to taste if needed)	
Pinch	Red pepper flakes	
Optional	Freshly ground black pepper	
1 cup	Chopped fresh collard greens or kale, tough ribs removed	
½ - 1	Juice of medium lemon, to taste	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often until the onion has softened and is turning translucent, about 5 minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often in order to enhance their flavor.
3. Pour in the lentils, broth and the water. Add 1 tsp salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat & bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes or until the lentils are tender but still hold their shape.
4. Transfer 2 cups of the soup to a blender. Protect your hand from steam with a tea towel placed over the lid and puree the soup until smooth. Pour the pureed soup back into the pot and add the chopped greens. Cook for 5 more minutes or until the greens have softened to your liking.
5. Remove the pot from the heat and stir in the juice of half a lemon. Taste and season with more salt, pepper and/or lemon juice until the flavours really sing. Serve immediately.

Authors: CookieandKate.com – modified from Americas Test Kitchen lentil soup recipe

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community! God bless!