Lentil Soup

Description

Lentil soup is a hearty and healthy soup. Always satisfying, and not difficult to prepare. There are many kinds of lentils which work well for soup. This lentil soup is made with small brown lentils.



Summary

Yield: 4
Prep Time: 1 1/2 hours
Category: Soups
Cuisine: Mediterranean

Ingredients

- 1/2 lb dried small brown lentils, rinsed
- 5 1/2 cups water
- 1 medium onion, finely chopped
- 1 cup olive oil
- 2 bay leaves
- 2 cloves garlic, finely chopped
- 1 pinch fresh rosemary
- sea salt
- fresh ground pepper

Instructions

In a large stock pot, add the water, bay leaves, rosemary, onion and garlic. Bring to a gentle rolling boil over medium heat and add the lentils and olive oil. Reduce the heat and simmer partially covered for 1 1/2 hours (or until the lentils are done and tender). Remove from the heat, discard the bay leaves. Stir in sea salt and fresh ground pepper to taste.