

LENTIL SOUP

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 2 or 3 garlic cloves, pressed or minced
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- ½ can diced tomatoes (or more to taste)
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, or more to taste
- Freshly ground black pepper, to taste
- 1½ cups chopped fresh collard greens or kale, tough ribs removed
- 1 tablespoon lemon juice, to taste

INSTRUCTIONS

1. If using an Instant pot, use sauté the veggies, then use the soup setting for perfect soup. Stir in greens at the end and let stand for at least 5-10 minutes.
2. If using a Dutch oven or large pot, warm the olive oil 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.
3. 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.
4. 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.
5. Pour in the lentils, broth and the water. Add 1 teaspoon salt and season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add a pinch or two of red pepper flakes.