



Nourishing Wisdom

The relationship with food you've been craving

Lentil Soup with a Twist

6 servings

Ingredients

1 large onion, chopped
8 ounces baby bella or porcini mushrooms, rough chopped
4 cloves garlic, minced or put through garlic press
1 Tablespoon olive oil
6 Cups vegetable or chicken stock, or water
1 ½ Cups green lentils
2 Cups potatoes, cut into bite sized pieces
2 Cups carrots, sliced thickly
2 lemons, zested and juiced
4 giant handfuls baby spinach or other greens of choice
¼ cup chopped fresh parsley
1/4 cup chopped fresh mint
2 bay leaves
A pinch of red pepper flakes (optional if you like a bit of spice)
sea salt and ground pepper to taste

Method

1. In a large soup pot, sauté onion with a swirl of olive oil for 5 minutes. Add garlic, and mushrooms with a pinch of salt and sauté, adding a bit more olive oil if pot gets dry.
2. Add in lentils, water, potatoes, carrots and red pepper flakes in a large soup pot. Bring to the boil and simmer covered until lentils are tender- about 30 minutes. The longer you simmer, the creamier your soup will be.
3. Meanwhile, zest and juice lemon and add to soup. Add spinach and parsley and simmer until it wilts and is cooked through, about 2 minutes. Mix in mint. Season to taste with salt and pepper. Spoon stew into large soup bowls.

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