

Lentil Soup

Vegan, gluten-free

Serves 6-8

Ingredients

1 onion

3 carrots

4-5 cloves garlic

2 cups dry lentils (green or brown)

15 oz. can diced tomatoes (or fresh)

4 cups vegetable broth

3 cups water

4-5 oz. spinach

1 1/2 tsp. cumin

1 tsp. smoked paprika

1/4 tsp. salt, more to taste

Optional: celery is great in it too!

Directions

Dice onion and carrot.

In a large stockpot over medium heat, saute onion and carrot for about 7 minutes.

Meanwhile, mince garlic and rinse lentils.

Add garlic, cumin, paprika, and salt to stockpot. Saute 1 minute.

Add broth, water, tomatoes, and lentils.

Increase heat and bring to a boil.

Reduce heat, cover, and simmer for about 30 minutes or until lentils are tender.

Meanwhile, roughly chop spinach.

Add spinach during last couple minutes of cooking.

Salt to taste.