

Easy Lentil Soup

Serves 4-6

Ingredients:

- 1 Tablespoon (15 mL) extra virgin olive oil
- 1/2 white onion (100 g), chopped
- 2 carrots, peeled and sliced or diced
- 2 stalks celery, sliced or diced
- 2 cloves garlic, minced
- 1 cup (210 g) green lentils, rinsed
- 4 cups (950 mL) water or broth
- 2-3 slices ham, whole or diced
- 2 dried bay leaves
- Salt and pepper
- 1 Tablespoon (15 mL) white balsamic vinegar



For serving: chopped parsley, Greek yogurt, Labne

Instructions:

1. In a medium pot, heat olive oil over medium to medium-high heat. Add onion, carrots, celery and garlic; stir. Cook, stirring occasionally, about 3 minutes. Season with salt and pepper.
2. Add the lentils, water or broth, ham and bay leaves. Stir to combine. Cover and bring to a boil. Then reduce heat to medium-low, set the lid ajar and simmer for 25 to 30 minutes, or until lentils are soft. Add additional water or broth while cooking if you prefer a soupy consistency.
3. Stir in 1 Tablespoon white balsamic vinegar. Taste, and adjust seasoning. Remove and discard bay leaves. Serve the lentils warm with chopped parsley and a spoonful of Labne or Greek yogurt, if desired.

Make-Ahead Tip: Freeze lentils in an air-tight container for up to three months. When ready to use, thaw in the refrigerator overnight.