

Marie Saba

from my kitchen to yours

Warm & Satisfying Lentil Soup

Ingredients:

- 1 Tablespoon extra virgin olive oil
- ½ white onion, chopped
- 2 carrots, sliced or diced
- 2 stalks celery, sliced or diced
- 2 cloves garlic, minced
- 1 cup green lentils
- 4 cups water (or broth)
- 3-4 slices uncured ham, whole or diced (omit for vegan version)
- 2 bay leaves
- Salt and pepper
- 1 Tablespoon white balsamic vinegar

For serving: chopped flat-leaf parsley, Greek yogurt

Instructions:

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

