

Hearty Lentil & Vegetable Soup

By Dustin Arnold

A one-pot soup with green lentils, root vegetables, and lots of garlic. Thickens as it sits — even better the next day.

vegetarian

soup

vegan

weeknight

freezer-friendly

PREP	COOK	TOTAL	SERVINGS
15 min	40 min	55 min	6

Ingredients

- **2 tbsp** extra virgin olive oil
- **1** yellow onion (diced)
- **2** carrots (diced)
- **2 ribs** celery (diced)
- **4 cloves** garlic (minced)
- **2 tsp** ground cumin
- **1 tsp** smoked paprika
- **1/2 tsp** dried thyme
- **1 can** diced tomatoes (14 oz) (fire-roasted if possible)
- **1 1/2 cups** green or French lentils (rinsed)
- **6 cups** low-sodium vegetable broth
- **2** bay leaves
- **4 cups** baby spinach or chopped kale
- **2 tbsp** fresh lemon juice
- sea salt and black pepper (to taste)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add onion, carrots, and celery with a pinch of salt. Cook 7–8 minutes until softened.
2. Add garlic, cumin, paprika, and thyme. Stir for 1 minute until fragrant.
3. Add diced tomatoes (with juices), lentils, broth, and bay leaves. Bring to a boil, then reduce to a low simmer.
4. Cover partially and cook 30–35 minutes, until lentils are tender but not mushy.
5. Remove bay leaves. Stir in the greens and cook 2 minutes more until wilted.
6. Off the heat, stir in lemon juice. Season generously with salt and pepper.

Serve with crusty whole-grain bread and a drizzle of good olive oil on top.