

## Easy Lentil Soup

An easy, everyday recipe for lentil soup with potatoes, carrots, kale, and simple herbs and seasonings. The perfect plant-based main or side that requires just 10 ingredients, 1 pot, and about 30 minutes to make.



### Ingredients

- 2 Tbsp water (or sub oil of choice, such as avocado or coconut)
- 2 cloves garlic, minced (or sub 2 Tbsp garlic-infused oil\*)
- optional: 2 small shallots or 1/2 white onion, diced
- 4 large carrots, thinly sliced
- 4 stalks celery, thinly sliced
- 1/4 tsp each sea salt and black pepper (divided), plus more to taste
- 3 cups yellow or red baby potatoes, roughly chopped into bite-size pieces\*
- 4 cups vegetable broth
- 2-3 sprigs fresh rosemary or thyme (I used a bit of both)
- 1 cup uncooked green or brown lentils, thoroughly rinsed and drained
- 2 cups chopped sturdy greens (such as kale or collard greens)

### Instructions

1. Heat a large pot over medium heat. Once hot, add water (or oil), garlic, shallots/onion (optional), carrots, and celery. Season with a bit of salt and pepper and stir.
2. Sauté for 4-5 minutes or until slightly tender and golden brown. Be careful not to burn the garlic (turn heat down if it's cooking too quickly.)
3. Add potatoes and season with a bit more salt and pepper. Stir and cook for 2 minutes more.
4. Add vegetable broth and rosemary or thyme and increase heat to medium high. Bring to a rolling simmer. Then add lentils and stir. Once simmering again, reduce heat to low and simmer uncovered for 15-20 minutes or until lentils and potatoes are tender.
5. Add your greens, stir, and cover. Cook for 3-4 minutes more to wilt. Then taste and adjust flavor as needed, adding more salt and pepper for overall flavor, vegetable broth if it's become too thick, or herbs for earthy flavor.
6. Enjoy as is or serve with rice, cauliflower rice, or a side of flatbread or rolls (links above). I love garnishing mine with a little fresh parsley for a pop of color and freshness (optional).
7. Store leftovers covered in the refrigerator up to 5 days or in the freezer up to 1 month. Reheat on the stovetop and add more vegetable broth to rehydrate as needed.