

Lentil Soup by Lynn's Recipes



Lynn demonstrates how to make a super easy and delicious Lentil Soup that is perfect for lunch or dinner. This recipe serves 4 and is from Everyday Food.

Ingredients:

- 3 strips bacon, cut into ½" pieces
- 1 large onion, chopped
- 3 medium carrots, peeled, halved lengthwise and cut into ¼" half moons
- 3 garlic cloves, minced
- 2 Tablespoons tomato paste
- 1-1/2 cups dried lentils, picked over, rinsed and drained
- ½ teaspoon dried thyme
- 2 cans (14.5 ounces each) reduced-sodium chicken broth (3-1/2 cups)
- 2 cups water
- 1 Tablespoon red-wine vinegar
- 1-1/2 teaspoon coarse salt
- ¼ teaspoon fresh ground pepper

In a Dutch oven or soup pot (5 qt.) with a tight fitting lid, cook the bacon over medium-low heat until browned and crisp, 8-10 minutes. Pour off all but 1 Tablespoon of fat, if needed.

Add onion and carrots; cook until softened, about 5 minutes. Stir in the garlic, and cook until fragrant, about 30 seconds. Stir in the tomato paste and cook for 1 minute.

Add the lentils, thyme, broth and 2 cups water. Bring to a boil; reduce to a simmer. Cover and cook until lentils are tender, 30-45 minutes. If the soup becomes too thick during cooking, add

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up to 1 cup more water.

Stir in the vinegar, 1-1/2 teaspoons salt and ¼ teaspoon fresh ground pepper. Serve the soup immediately.

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