

Cream of Celery & Lentil Soup from lentils.org Gluten-free; vegetarian



Ingredients:

- 2 T oil
- 1 onion, diced
- 4 cups chopped celery
- 2 garlic cloves, minced
- 1 cup split red lentils*
- 4 cups veggie or chicken stock
- 2 bay leaves
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/3 cup whipping cream
- 2 T chives or parsley, chopped

Directions:

- 1.** Heat oil in a large saucepan over medium-high heat. Add onion and celery. Cook, stirring occasionally for about 10 minutes, until the vegetable are softened.
- 2.** Stir in garlic and sauté another 1-2 minutes. Add lentils, stock, bay leaves, S&P. Cover, bring to a boil, reduce heat to medium and simmer for 15 minutes.
- 3.** Remove from heat and purée using a blender or an immersion blender. Add pureed soup back to the pot on low heat and stir in whipping cream. Season to taste with S&P
- 4.** Serve and garnish with chives or parsley
- 5.** 4 servings; 1-3/4 cup each

Bon Appétit!

*Split lentils have had their seed coat removed and the inner part of the lentil, known as the cotyledon, has been split in half. Split lentils cook much faster than whole lentils and are excellent for use in curries, as a thickener in soups, and for purees, whereas whole lentils tend to work better in salads or other applications where texture is desired.