

# BROWN LENTIL SOUP

*Serves 4-6*

## INGREDIENTS:

- ¼ cup extra virgin olive oil
- 1 medium brown onion, chopped
- 1 stick of celery, chopped, optional
- 2 carrots, peeled and chopped
- 4 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 can diced tomatoes
- 1 cup brown (or green) lentils, rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, or more to taste
- pinch of red pepper flakes
- freshly ground black pepper, to taste
- 1 cup chopped fresh kale (or other greens), tough sections removed
- 1-2 tablespoons lemon juice (1/2 -1 medium lemon), to taste



## INSTRUCTIONS:

1. Warm the olive oil in a large pot over medium heat. ¼ cup olive oil may seem a lot but it adds a lovely richness to this soup.
2. Once the oil is shimmering, add the chopped onion, carrot (and celery if using), and cook stirring often, until the onion has softened and is turning translucent, about 5 minutes
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Add the diced tomatoes and cook for a few more minutes, stirring often to enhance their flavour.
4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25-30 minutes, or until the lentils are tender but still hold their shape.
5. Add the chopped kale and cook for 5 more minutes, or until the kale has softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavours really sing. For a spicier soup, add another pinch or two of red pepper flakes.