



# simple lentil soup

12 servings

*This simplified version of the popular Mideastern soup is a great leftover for an impromptu lunch or dinner. Serve with wholesome bread and steamed vegetables.*

## ingredients

- |                                 |  |
|---------------------------------|--|
| 2 cups green lentils            | 1 celery stalk, diced                    |
| 8 cups water                    | 1 1/2 tsp. unrefined sea salt            |
| 1 6-inch strip kombu, diced     | 1/2 tsp. ground oregano                  |
| 1 bay leaf                      | 2 TBS. barley miso                       |
| 1/4 tsp. extra-virgin olive oil | 1 TBS. fresh parsley, minced, to garnish |
| 1 onion, diced small            |  |
| 1 carrot, 1/2 rounds            |  |

## directions

1. Bring 8 cups of water to a boil in a large stock pot.
2. **Meanwhile**, pick over the lentils to remove debris. Cover the kombu with water and let soak for 5 minutes. Cut it into 1/2-inch squares and add it to the pot.
3. Add the rinsed lentils and return to a boil. Simmer uncovered for 15 minutes, skimming off foam from the surface until it subsides.
4. Place a flame tamer under the pot. Add the bay leaf. Simmer, with the lid ajar.
5. **Meanwhile**, heat the oil in a large, nonstick skillet. Sauté the onion until translucent, about 5 minutes. Move the onion to one side of the pan. Add a few drops of oil in the cleared space and sauté the carrots and celery.
6. Scrape the vegetables into the soup pot. Add the salt and oregano. Simmer with the lid ajar, until the beans and vegetables are tender, 30 - 45 minutes.
7. Place a small amount of the hot soup in a small bowl, add the miso, whisk until smooth and return it to the pot. Serve garnished with parsley.

## variation

- Add 1/4 teaspoon of cayenne in step #5.