Nora Cooks

THE BEST LENTIL SOUP (adapted)

Ingredients:

- 1/4 cup sherry, white wine, water, or veg broth, more as needed
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 medium carrots, scrubbed or peeled and chopped
- 2 celery ribs, chopped
- 14-oz can crushed or diced tomatoes
- 2 cups dry green or brown lentils
- 7 cups vegetable broth or water
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp smoked paprika (see Editor'Note)
- 1/4 to 1/2 tsp salt
- 3 cups spinach, sliced in ribbons (can use kale) (see Notes)
- 1 lemon, juiced (about 2 tbsp)
- Ground black pepper

Instructions:

Heat the sherry or other liquid in a large pot over medium heat. Add the vegetables. Cook, stirring frequently, for about 4-5 minutes.

Add the can of tomatoes, with juices, lentils, vegetable broth or water, and spices. Stir to incorporate everything.

Bring to a boil, then lower heat to a simmer and cook for about 30 minutes, until the lentils are tender and the soup has thickened. For a creamier texture, use an immersion (stick) blender to blend a few times in the pot. Alternatively, add 1-2 cups of the soup to a regular blender, blend until smooth and then return to the pot.

Stir in the spinach and lemon juice. It will only take a minute for the spinach to wilt. Season with pepper to taste and add more salt if desired.



Notes:

- For a thinner soup, simply add more water or vegetable broth until the desired consistency is reached
- Leftover soup will keep for up to 5 days in the refrigerator.
- This soup freezes well. Either freeze in individual containers or a large container for quick future meals.
- May substitute kale for the spinach, but you will need to cook the kale in the soup about 10 more minutes to get it tender.

Editor's Note: I love smoked paprika, but I find a little goes a long way. I would start with 1/2 tsp smoked paprika, then, after tasting, add more if desired.







Nora Cooks is all plant-based, and specializes in dishes that are 30-minutes or less, with minimal ingredients. Some of the recipes use oil, so choose and adapt accordingly.