



Aunt Sandy's Lentil Vegetable Soup

Ingredients:

- 4 carrots diced (2 cups) {I LOVE carrots! So delicious plus the beautiful bright orange adds to the look of the soup}
- 3 celery stalks diced (1 cup)
- 1 large onion diced (2 cups)
- 3 to 6 garlic cloves minced (I love garlic, you do you)
- 3 Yukon gold potatoes peeled & cubed (2 cups)
- Extra virgin olive oil
- 1 cup dry lentils rinsed
- 2 bay leaves
- Salt & pepper to taste
- 4 to 6 cups chicken broth (I prefer more broth)
- 1 to 2 cans diced tomatoes w/ juice
- 2 cups shredded green cabbage

Instructions:

1. Heat 2 tablespoons of extra virgin olive oil (EVOO) in a Dutch oven over medium-high heat.
2. Sauté the carrots, celery, and onion for about 5 minutes, stirring occasionally.
3. Add another tablespoon of EVOO, then stir in the garlic and potatoes. Cook for another 5 minutes.
4. Stir in the canned tomatoes (with their liquid), dry lentils, chicken broth, and bay leaves.
5. Bring to a boil, then reduce heat to a simmer. Cover and cook for about 50 minutes.
6. Remove the bay leaves and season the soup with salt and pepper to taste.
7. Transfer 2 cups of the soup to a blender and puree until smooth. Return the puree to the pot.
8. Stir in the shredded cabbage and simmer for a few more minutes until the cabbage softens.

Feel free to adjust the ingredients to suit your taste. This recipe is packed with veggies and makes a generous batch—perfect for leftovers! You can also easily cut the recipe in half if you prefer a smaller amount.

Makes 8 servings (6 oz each)