



LOVE YOUR HEART: BASIC LENTIL SOUP

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ORIGINAL RECIPE FROM MARILYN CHIARELLO

- 1 cup French lentils
- 4 cups vegetable broth (low-sodium advised)
- 1 onion, diced
- 3 carrots, diced or sliced – your choice
- 2-3 stalks of celery – diced or sliced
- 1 delicata squash, seeded – cut into approximately ¼-inch slices, then cut in half (no need to peel (optional))
- 2 cups chopped greens (optional)

1. Dry sauté the onion. To do this heat up a soup pot on a medium heat. After about 5 minutes, drop in about 1/8 tsp of water. If it sizzles and evaporates, the pot is not hot enough. Wait a minute and try again. The pot is the right temperature for a dry sauté when the water forms small droplets that merge into one – like a mercury ball.
2. Once the pot is hot enough, add the onions and stir them continuously until. Then will start to turn translucent and brown slightly.
3. Add a few TBS of vegetable broth and deglaze the pot.
4. Add the carrots and celery and sauté for a few minutes.
5. Add the lentils and remaining broth and bring to a boil.
6. Once it is boiling turn down the heat to a low setting and continue to cook for about 15 minutes. Add the delicata squash if using. It adds a delightful sweet flavor, eliminating the need for added salt.
7. The lentils should be tender after 25-30 minutes.

Note: If lentils tend to make you gassy, try adding a piece of kombu (an edible kelp found where you would find seaweed). Remove it once the soup is done.

There are many different variations on lentil soup that include other vegetables and/or spices. You can find many options online.