

Lazy Lentil Soup

Of all the beans, lentils are the easiest and quickest to cook. You really don't have to do much to them for a great-tasting dish. And they are packed with protein and other cherished nourishment.

INGREDIENTS

1 tablespoon extra virgin olive oil
2 shallots, thinly sliced
2 celery stalks, thinly sliced
1 cup grape tomatoes, halved
1 sprig fresh rosemary, stem removed, minced
1 cup red lentils
6 cups water
1/2 teaspoon salt, or more to taste
Freshly ground black pepper, to taste

STEP 1

In a medium pot, heat the olive oil over medium heat. Add the shallots, celery, tomatoes, and rosemary and saut. for 3 to 5 minutes or until the vegetables are slightly tender.

STEP 2

Add the lentils, water, and . teaspoon salt. Bring to a boil, uncovered, over medium heat, then reduce to a simmer and cook for another 30 minutes. Add salt and pepper to taste.

SERVES

4-6 people

TIME

🕒 30m

SHOPPING LIST

1 jar extra virgin olive oil
2 shallots
1 head celery
1 pint grape tomatoes
1 bunch fresh rosemary
1 bag red lentils
Salt
Ground pepper

EQUIPMENT

Medium pot with cover

STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days or store in freezer for up to 3 months