

My Favorite Lentil Soup

From Leah Smith (from Jane Brody's Good Food Book)

This is my all-time favorite soup – nice and hearty! I've even served it a few times for company and people love it (even those who don't like lentils...)

This makes a LOT of soup! It also freezes very well.

2 T. oil
2 large or 3 medium onions, chopped (2 cups)
3 carrots, coarsely grated
¾ t. marjoram, crumbled
¾ t. thyme leaves, crumbled
1 28-oz. can tomatoes with their juice, coarsely chopped (I buy S&W's diced in juice)
7 cups broth (fill the tomato can 2x)
1½ cup dried lentils, rinsed and picked over
1 t. salt, if desired
¼ to ½ t. freshly ground black pepper, or to taste
6 oz. dry white wine
1/3 cup chopped fresh parsley or 2 T. dried parsley flakes (I'm usually a stickler for fresh, but in this recipe, the dried is just as good)
4 oz. Cheddar, grated

1. Heat the oil in a large saucepan, and sauté the onions, carrots, marjoram and thyme, stirring the vegetables, for about 5 minutes.
2. Add the tomatoes, broth, and lentils. Bring the soup to a boil, reduce the heat, cover the pan, and simmer the soup for about 1 hour or until the lentils are tender.
3. Add the salt, pepper, wine, and parsley, and simmer the soup for a few minutes. Serve with cheese sprinkled on each portion.

Notes:

If you have a pressure cooker, this soup can be made in 20 minutes! (except for prep time) Do steps 1 and 2, but only add ½ the broth (1 tomato can full). Pressure cook for 15 minutes, then quick release the lid (according to your pressure cooker's instructions). Then do step 3. A great time-saver when you don't have 1 hour or more for the lentils to simmer.

I've never done it in a crockpot, but I think it would be a good candidate. Do steps 1 and 2, then throw in a crockpot on low for the day (at least 6 hours). When you get home, turn it up to high and do step 3 for about 15 minutes.

Ok, so my kids won't actually eat it. I eat it and then make them a sandwich or hot dog.