

Lentil Soup with Spinach

by Barb Szyszkiewicz

Makes 6 servings

Ingredients

1 large sweet onion, diced
1 rib celery, diced
2 large carrots, sliced thin or diced
2 TBSP butter or olive oil
4 garlic cloves, peeled (do not crush)
1 tsp garlic powder
1 tsp cumin
1 tsp lemon pepper
1 can (28 oz) diced tomatoes with juice
1 cup green lentils, rinsed
4 cups vegetable broth
1 1/2 cups water
pinch of crushed red pepper or Aleppo pepper, to taste
1 tsp salt
1/2 tsp ground black pepper
2 cups baby spinach



Directions

- In large Dutch oven, melt butter over medium heat (or warm the olive oil). Add onion, carrot, and celery. Cook 5 to 10 minutes until it begins to soften. Add garlic cloves and seasonings. Stir well and cook another minute. Add tomatoes and cook 5 more minutes.
- Add lentils, broth, water, salt and both kinds of pepper. Partially cover the pot and simmer 25 to 30 minutes.
- Remove garlic cloves. Put about 2 cups of the soup into a separate pan and blend with immersion blender (or use a regular blender). Return to the soup pot.
- Add spinach and cook 5 minutes until it softens. Add more salt and/or pepper to taste.



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