

# Greek Lentil Soup



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 20 minutes | **Cook:** 60 minutes

## INGREDIENTS

- 1 1/4 cups dry brown lentils
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 medium onion, minced
- 1 large carrot, diced
- 4 cups water
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 2 bay leaves
- 1 tablespoon tomato paste
- Salt and pepper to taste
- 1 teaspoon olive oil
- 1 teaspoon red wine vinegar

## DIRECTIONS

1. Place lentils in a large saucepan and add enough water to cover by 1 inch. Bring to a boil and cook for 10 minutes. Drain.
2. Heat olive oil in a saucepan over medium heat. Add garlic, onion and carrot. Cook and stir for about 5 minutes.
3. Add lentils, 4 cups water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low. Cover and simmer for 10 minutes.
4. Stir in tomato paste and season with salt and pepper. Cover and simmer, stirring occasionally, until lentils have softened, about 30-40 minutes.
5. Add additional water if the soup becomes too thick. Season with salt and pepper to taste. Drizzle with 1 teaspoon olive oil and red wine vinegar to serve.



Nutrition Information	
<i>Serving Size: About 1 cup</i>	
<b>Calories</b>	<b>268</b>
<b>Total fat</b>	<b>4 g</b>
Saturated Fat	0.6 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>57 mg</b>
<b>Carbohydrates</b>	<b>42 g</b>
Fiber	20 g
Sugars	4 g
<b>Protein</b>	<b>16 g</b>

Recipe adapted from: All Recipes