Greek Lentil Soup

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.
3. Add lentils, 4 cups water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low. Cover and simmer for about 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
Serving Size: About 1 cup
- Calories: 268
- Total fat: 4 g
- Saturated Fat: 0.6 g
- Cholesterol: 0 mg
- Sodium: 57 mg
- Carbohydrates: 42 g
- Fiber: 20 g
- Sugars: 4 g
- Protein: 16 g

Recipe adapted from: All Recipes