

Foodnity Recipes

Easy Lentil Vegetable Soup Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 2 carrots, chopped
- [ ] 2 celery stalks, chopped
- [ ] 1 cup brown or green lentils, rinsed
- [ ] 4 cups vegetable broth
- [ ] 2 cups water
- [ ] 1 can (14 oz) diced tomatoes
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste
- [ ] 1 tbsp lemon juice

Optional Add-Ins

- [ ] 1 cup spinach or kale
- [ ] 1 sweet potato, diced
- [ ] 1 tsp smoked paprika for extra depth

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, carrots, and celery. Sauté for 5-7 minutes until the vegetables are softened and fragrant.
2. Add the lentils, vegetable broth, water, diced tomatoes, thyme, and bay leaf. Stir well to combine. Bring the soup to a boil, then reduce the heat to low and let it simmer for 25-30 minutes, or until the lentils are tender.
3. Once the lentils are cooked, stir in the lemon juice. Taste and adjust the seasoning with salt and pepper. If you’re adding spinach or kale, stir it in now and let it wilt for a minute or two.
4. Remove the bay leaf and serve the soup hot. Garnish with fresh parsley or a drizzle of olive oil if desired.

Nutrition per serving

220 kcal	14 g	35 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a creamier soup, blend about half of it with an immersion blender before serving.
- If you prefer a thicker soup, reduce the water to 1 cup or let it simmer uncovered for an extra 10 minutes.
- This soup tastes even better the next day, so don’t hesitate to make a big batch for meal prep.