

Foodnity Recipes

Lentil Soup Recipe: A Seriously Amazing Classic

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**International** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 cups dried brown lentils, rinsed
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 6 cups vegetable broth
- [ ] 1 can (14.5 oz) diced tomatoes

Seasoning & Finishing

- [ ] 1 tsp dried thyme
- [ ] 1 tsp ground cumin
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste
- [ ] 2 tbsp fresh lemon juice
- [ ] Fresh parsley for garnish

Instructions

1. Heat the olive oil in a large pot over medium heat. Toss in your onion, carrots, and celery. Let them cook slowly for about 8 to 10 minutes until they are soft and smelling sweet.
2. Stir in the minced garlic, cumin, and thyme. Cook for just a minute—just until the garlic becomes fragrant, but don't let it brown too much or it'll taste burnt.
3. Add the rinsed lentils, the diced tomatoes (with their juices), and the vegetable broth. Toss in the bay leaf and give it all a good stir.
4. Bring the pot to a gentle boil, then immediately turn the heat down to low. Cover the pot and let it simmer softly for about 35 to 45 minutes.
5. Check the lentils; they should be tender but not mushy. Remove the bay leaf and stir in the fresh lemon juice.
6. Taste it. Add salt and pepper as needed. If it feels too thick, add a splash more water. Garnish with fresh parsley before serving.

Nutrition per serving

280 kcal	18 g	38 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you have a few extra minutes, sautéing the lentils briefly with the vegetables before adding the broth adds a deeper, nuttier flavor.
- For a richer version, you can stir in a tablespoon of tomato paste during the garlic stage.
- If you're making this as a easy lentil vegetable soup, feel free to add diced potatoes or parsnips.