

French Lentil and Vegetable Soup

Bobbi Brown, cosmetics company founder

Ina Garten



Servings: 8

1. In a large heatproof bowl, cover the lentils with boiling water and let stand for 15 minutes. Drain and set aside.
2. Meanwhile, heat the olive oil in a large pot. Add the onions, garlic, leeks, 1 tablespoon of salt, 1 1/2 teaspoons of pepper and the thyme and cumin and cook over moderate heat, stirring occasionally, until the vegetables are very tender, about 20 minutes.
3. Add the celery and carrots and cook until they begin to soften, about 10 minutes. Add the chicken stock, tomato paste and lentils to the pot. Increase the heat to high, cover and bring to a boil. Uncover, reduce the heat to moderate and simmer, stirring occasionally, until the lentils are tender, about 1 hour. Stir in the red wine and season with salt and pepper to taste. Serve hot with a drizzle of olive oil and a sprinkling of Parmesan.
4. To Make Ahead: The soup can be refrigerated for up to 2 days. Let return to room temperature and reheat gently, adding more stock to adjust the consistency if necessary.

1 pound lentils, Le Puy French type, picked over and rinsed

Boiling water

1/4 cup extra-virgin olive oil, plus more for serving

3 large onions, chopped

3 medium garlic cloves, minced

2 large leeks, white and tender green parts only, chopped

Kosher salt and freshly ground pepper

1 tablespoon fresh thyme, chopped

1 teaspoon ground cumin

8 celery ribs, cut into 1/2-inch dice

6 medium carrots, cut into 1/2-inch dice

3 quarts low sodium chicken broth

1/4 cup tomato paste

2 tablespoons dry red wine, or red wine vinegar

Freshly grated Parmesan cheese, for serving

Per Serving (excluding unknown items): 379 Calories; 10g Fat (22.4% calories from fat); 23g Protein; 54g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 158mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 83mg Calcium; 6mg Iron; 1050mg Potassium; 315mg Phosphorus. Exchanges: 29 Grain(Starch).

Carolyn T's Blog: tastingspoons.com