



LENTIL SOUP

Makes 6 servings.

This soup is protein rich, thick, and delicious winter fare. It also freezes very well.

INGREDIENTS

- ¼ cup extra-virgin olive oil
- 1 onion, coarsely chopped
- 4 cloves garlic, coarsely chopped
- 2 carrots, coarsely chopped
- 2 parsnip, coarsely chopped
- 1 cup French green lentils
- One 14 ounce can of Pomi chopped tomatoes
- ½ teaspoon paprika
- 5-6 cups vegetable broth
- 5 sprigs tarragon plus extra for garnish
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Heat the oil in a large saucepan.
2. Add the onion and garlic and sauté over low heat for about 4 minutes.
3. Add the carrots and parsnip and stir for a few minutes.

4. Add the lentils, tomatoes, paprika, and 5 cups of broth. Bring to a boil over high heat, then lower the heat, cover and cook for 30 minutes; the lentils should be soft.
5. Remove the tarragon sprigs, adjust the consistency with the reserved 1 cup of broth and season to taste with salt and pepper.

NOTE

Except for the onion and garlic, I quarter all the vegetables and chop them individually, in a food processor fitted with the steel blade.