

Lentil Soup



Ingredients:

- 1 pound dried lentils
- 6 cups low-sodium chicken broth
- 1 large onion, chopped
- 1/2 cup carrots, grated
- 3 garlic cloves, minced
- 3 tablespoons olive oil
- 1 teaspoon dried thyme, crushed
- 1/8 teaspoon ground nutmeg
- Salt and pepper to taste

Instructions:

1. In a large soup pot over medium-high heat, combine lentils and chicken broth and bring to a boil.
2. Reduce heat to low and simmer 1 to 1-1/2 hours or until lentils are soft.
3. Remove 2 cups of cooked lentils and let cool 5 minutes.
4. Place into food processor or blender bowl, puree. Return pureed lentils to remaining soup mixture.
5. In a medium frying pan over medium-high heat, sauté onion and carrots in olive oil until soft. Add garlic and sauté for an additional minute.
6. Add to lentils. Add thyme, nutmeg, salt, and white pepper.
7. Simmer another 30 minutes. Remove from heat and serve.

Makes 6 servings.



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