

# Hearty Lentil Soup

SERVINGS  
8

PREP TIME  
20 MIN

COOK TIME  
2 HR

TOTAL TIME  
2 HR 20 MIN

*This hearty and delicious soup is slow simmered in a savory vegetable broth, with wholesome lentils and a medley of onions, celery, carrots, potatoes, and diced tomatoes.*

**ORGANIZING**  
a Plant Based Life.com



## Ingredients

## Directions

1

- Olive Oil
- 1 Large Onion
- 4 Stalks Celery
- ½ to 1 lb+ Bag Baby Carrots
- 2 C+ Baby Potatoes
- 2 T Minced Garlic

- Heat generous drizzle of olive oil in 8 quart stockpot over medium heat (*the size of the pot allows you to add extra ingredients to tailor to your tastes*).
- Dice onion & celery. Add to pot.
- Add minced garlic, mix well and cook about 5 minutes.
- Meanwhile, chop baby carrots in half and dice baby potatoes.
- Add carrots and potatoes to pot, mix well and cook about 5 minutes.
- ☼ **You can add more of these ingredients to fill up the pot even more!**

2

- 1 T Italian Seasoning Blend
- 2 tsp Paprika
- 1 tsp Ground Cumin
- 1 tsp Salt
- 1 tsp Pepper

- Add all seasonings to the pot and mix well.

3

- 2 C Green Lentils
- 28 oz Can Diced Tomatoes
- 2+ (32 oz) Carton Vegetable Broth

- Add the lentils and tomatoes to the pot.
- Add broth, start with 2 cartons and add more if necessary.
- Mix well bring to a slight boil and then turn down to simmer. Place lid with side vent open.
- Cook about 2 hours, mixing occasionally (scraping from the bottom).
- After cooking for about an hour, taste & adjust seasonings as desired (will likely need more salt) and add more broth to thin out, if necessary.

4

### OPTIONAL:

- 14 oz (+/-) Plant Based Sausage Links of Choice

- While cooking soup, dice sausage links and brown according to directions.
- Set aside.

### OPTIONAL TO SERVE WITH:

- Salt & Pepper to taste
- Sriracha
- Nutritional Yeast

- Fill bowl with soup, plant based sausage, and optional toppings.

**INSTANT POT INSTRUCTIONS:** *This recipe works GREAT in a pressure cooker!*

- Select sauté setting for Step 1 ingredients. ■ Add Steps 2 & 3 ingredients **\*\*BUT REDUCE LENTILS TO 1 CUP AND FILL BROTH ONLY TO MAX FILL LINE\*\*\***. ■ Mix well, turn off the sauté setting, cover, and set the pot to pressure cook, high setting for 30 minutes (will take about 10 min to pressurize). ■ After cooking, allow the pot to naturally depressurize for 15 min. Carefully turn the valve to venting. Remove the lid and mix well.