

Hearty Vegan Lentil Soup

SERVINGS
8

PREP TIME
20 MIN

COOK TIME
2 HR

TOTAL TIME
2 HR 20 MIN

This hearty vegan lentil soup is slow-simmered in a savory & flavorful vegetable broth with wholesome lentils and a comforting mix of onions, celery, carrots, potatoes, and tomatoes.

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Ingredients

Directions

1

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

- Heat a generous drizzle of olive oil in an 8-quart stockpot over medium heat (the larger pot makes it easy to add extra veggies if you want a bigger batch).
 - Dice the onion and celery. Add to the pot.
 - Add minced garlic, mix well, and cook about 5 minutes.
 - Meanwhile, chop baby carrots in half (or thirds) and dice baby potatoes.
 - Add carrots and potatoes to the pot, mix well, and cook about 5 minutes.
- Note: Add more carrots and potatoes if you'd like 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 spices to the pot.
- Mix well so the vegetables are evenly coated.
- Cook for about 2 minutes to allow the spices to bloom and meld.

3

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

- Add the lentils and tomatoes to the pot.
- Add vegetable broth - start with 2 cartons, then add more as needed.
- Mix well, bring to a gentle boil, then reduce heat to a simmer. Place the lid on with the side vent open.
- Cook for about 2 hours, stirring occasionally & scraping the bottom.
- After about 1 hour, taste and adjust seasonings as desired (it will likely need more salt). Add additional broth to thin the soup, if needed.

4

OPTIONAL:

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

- Optional - Plant-Based Sausage: While the soup cooks, dice the sausage links and brown according to package directions. Set aside.

OPTIONAL TO SERVE WITH:

- Salt & Pepper to taste
- Sriracha
- Nutritional Yeast

- Fill bowls with soup and top with plant-based sausage, if using.
- Finish with optional toppings, such as salt and pepper, sriracha, and nutritional yeast.

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

- Use Sauté for Step 1 ingredients.
- Add remaining ingredients but reduce lentils to 1 C and add broth only to the Max Fill line.
- Mix well, turn off Sauté, cover, and pressure cook on High for 30 minutes (about 10 minutes to pressurize).
- Naturally release for 15 minutes, then carefully vent, remove the lid, and mix well.